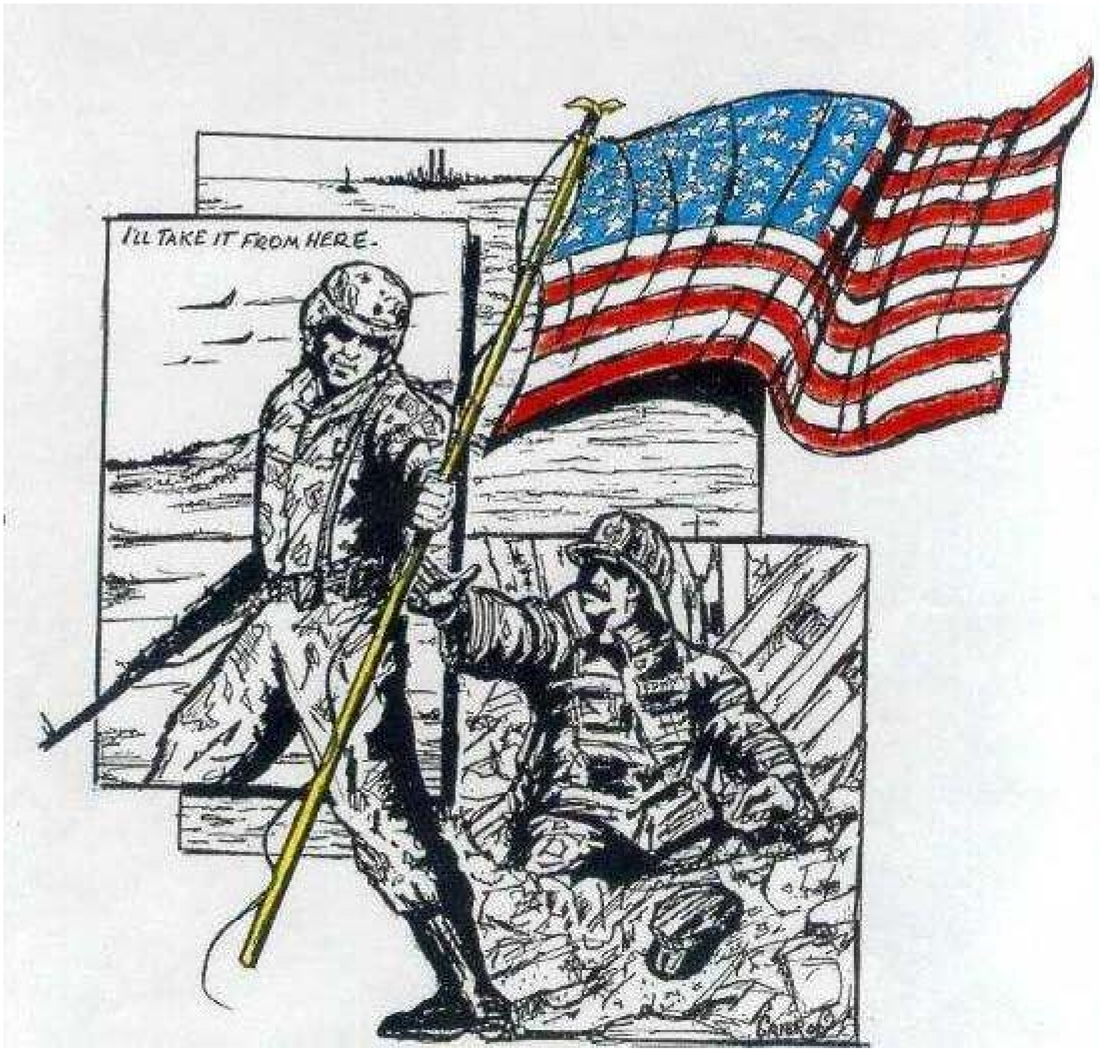
550 Crock-Pot Recipes



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R. Elzey
11860 Linden Drive
Spring Hill, Florida 34608
recipes@cyberhobo.com

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1. ALDILLA

1 large onion -- chopped
1 1/2 pound flank steak
1 large carrot -- chopped
3 teaspoons chili powder
1 large green pepper -- chopped
1/2 cup flour
2 large tomatoes -- chopped
1 1/2 teaspoons salt
1/4 cup red wine
1/2 teaspoon pepper
1 hot chile pepper -- seeded
3 tablespoons vegetable oil

Score steak and rub with chili powder; coat with a mixture of flour, 1/2 teaspoon salt and 1/4 teaspoon of pepper; pound steak on both sides with a wooden mallet or the edge of a plate to tenderize; cut into 6 pieces. Brown steak in hot oil in a large skillet. Remove and reserve. Sauté onion, carrot, green pepper and tomato in pan drippings; add remaining 1 teaspoon salt and 1/4 teaspoon pepper; remove from heat. Combine steak and sautéed vegetables in slow cooker; add wine and hot chile pepper; cover. Cook on low for 8 hours or on high for 4 hours, or until meat is tender. Yield: 6 servings.

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2. ALL DAY BEEF

1 1/2 lb. Beef roast -- *any cut desired
1/2 tsp. Black pepper
2 Garlic cloves -- minced
1/2 pkg. Onion soup mix
2 tsp. Worcestershire sauce
1 tsp. Steak sauce
3 Carrots -- sliced
2 Celery stalks -- diced
1 Green bell pepper -- chopped
1 Yellow onion
1/2 c. Water
1/2 c . Tomato juice

1. Cut beef roast into serving-sized portions. Use more beef if you need more than 6 servings. Brown beef in a bit of vegetable oil, although you can skip this step if rushed for time.
2. Slice onion and separate into rings. Dice the peeled carrots, dice the celery and slice the peppers into thin strips or circles. Place these into bottom of crockpot. Sprinkle the beef pieces with fresh ground black pepper, minced garlic and the onion soup mix. Place on top of the vegetables.
3. Mix the steak sauce and Worcestershire sauce in a small bowl with about 1/2 cup water and 1/2 cup tomato juice. Pour this over the meat.
4. Turn the crockpot to high for 30 minutes, or, if you're in a hurry, skip this step. Turn to low, cover and cook for 7-9 hours.

* Keep the crockpot covered as much as possible throughout cooking time. A crockpot can be used to cook

this type of meal for a varied amount of time, depending on your schedule. It is not important that you take the meat and vegetables out at a specific amount of time. One or two hours either way usually makes no difference.

When ready to serve, dip meat and vegetables out of pot with a slotted spoon. Use the liquid as is or turn crockpot to high and thicken liquid with a little flour or cornstarch. Servings: 6

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3. ALL DAY CHICKEN

Marinade:
2 T. Frozen OJ
2 c. Chicken stock
1 tsp. Salt
1/4 tsp. Pepper
1/2 c. Tomato paste
2 T. Soy sauce
2 T. Brown sugar
2 Cloves garlic, minced
pinch Allspice

Remaining ingredients:
4 lbs. Chicken, breasts and thighs
1/4 lb. Mushrooms, sliced
2 T. Margarine or butter
11 oz. (1 can) mandarin orange sections, drained
1/2 Of a medium-large bell pepper, sliced lengthwise
1/4 tsp. Ground ginger
3 T. Cornstarch
1/4 c. Cold milk
1/4 c. Cold water

The night before you plan on slow cooking your dinner, mix together the marinade ingredients in a large, closable container large enough to also hold the chicken pieces. When marinade is thoroughly mixed, add the chicken, close container and refrigerate until morning.

In the morning place the chicken in the slow cooker and add marinade up to about an inch from the top of the container. Set the cooker on low and cover. 6 to 8 hours later, turn the cooker to high. About an hour later, saute the sliced mushrooms in the margarine or butter. Then add the mushrooms (with pan juices), mandarin sections, green pepper and ginger into the slow cooker and stir thoroughly. Mix together the cornstarch, milk and cold water, then gradually add into the slow cooker while stirring until the entire mixture thickens a bit. Re-cover the slow cooker and let simmer for 15 to 30 minutes until serving. Serve with baby carrots and small new potatoes. Yield: 6 Servings

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4. ALL DAY CROCK POT DELIGHT

2-3 lbs. boneless chuck, cut into 1 inch cubes
1/2 c. flour
1/4 c. butter
1 onion, sliced
1 tsp. salt
1/8 tsp. pepper

1 clove garlic, minced
2 c. beer
1/4 c. flour

Coat beef cubes with the 1/2 cup flour. Brown in melted butter. Drain off excess fat. In crock pot, combine browned meat with onion, salt, pepper, garlic and beer. Cover and cook on low 5-7 hours (all day) until meat is tender. Turn control to high. Dissolve remaining 1/4 cup flour in small amount of water. Stir into meat mixture, cook on high 30-40 minutes. Serve with rice and salad.

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5. ALPINE CHICKEN

2 tsp. chicken bouillon granules
1 tbsp. chopped fresh parsley
3/4-tsp. poultry seasoning
1/3-cup diced Canadian bacon
2-3 carrots, thinly sliced
1-2 ribs celery, thinly sliced
1 small onion, thinly sliced
1/4-cup water
1 broiler-fryer chicken (about 3 lbs.) cut up
1 (11 oz.) can condensed cheddar cheese soup
1 tbs. all-purpose flour
1 (16 oz.) pkg. wide egg noodles, cooked and drained
2 tbs. sliced pimento
2 tbs. grated Parmesan cheese

In a small bowl, mix bouillon granules, chopped parsley, and poultry seasoning; set aside. Layer in a slow cooker, in order: Canadian bacon, carrots, celery and onion. Add water. Remove skin and excess fat from chicken; rinse and pat dry. Place white meat in slow cooker. Sprinkle with half of the reserved seasoning mixture. Top with remaining chicken and sprinkle with remaining seasoning mixture. Stir soup and flour together; spoon over top. DO NOT STIR. Cover and cook on high for 3 to 3-1/2 hours or on low for 6-8 hours or until chicken is tender and juices from chicken run clean when cut along the bone and vegetables are tender. Spread cooked noodles in a shallow 2 or 2-1/2 quart broiler-proof serving dish. Arrange chicken on noodles. Stir soup mixture and vegetables until combined. Spoon vegetables and some of the liquid over chicken. Sprinkle with pimento and Parmesan cheese. Broil 6 inches from heat source for 6-8 minutes or until lightly browned. Garnish with parsley sprig if desired.

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6. APPLE BUTTER

This can be made in a crockpot or oven at 325 degrees for 3-4 hours.

4 qts. unsweetened applesauce
7 C. granulated sugar
1-1/3 C. brown sugar
5-1/3 T. cider vinegar
5-1/3 T. lemon juice
2 teaspoon. cinnamon
2 teaspoon. allspice
1 teaspoon. ground cloves

Combine all ingredients in a crockpot or roasting pan.Cover and cook 3 hours, stirring occasionally.

Remove
lid and continue cooking until excess liquid cooks away (turn to low as necessary) Crockpot 5-8 hours, oven 3-5
hours Seal mixture in hot jars and process in a hot water bath for 10 minutes. Makes approximately 8-10 pints.

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7. APPLE CIDER POT ROAST

3 1/2 to 4-pound pot roast (bottom round, rump, etc.)
1 onion, sliced
6 whole cloves
1 small piece of ginger root, peeled
small piece of cinnamon stick (about 1 inch)
1 1/2 teaspoons salt
2 cups apple cider

Put beef with onion, seasonings, and cider in a large bowl in refrigerator, and let marinate overnight. Wipe meat and brown in a hot oiled skillet, if desired. Place meat and marinade in crockpot; cover and cook on low for 8 to 10 hours. Serve with strained pan juices. Serves 6 to 8.

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8. APPLE-CINNAMON COFFEECAKE

2 cups biscuit mix
2/3 cup applesauce
1/4 cup milk
2 tablespoons sugar
2 tablespoons butter or margarine -- softened or melted
2 apples, peeled -- cored and diced
1 teaspoon cinnamon
1 teaspoon vanilla
1 egg -- lightly beaten

Streusel:
1/4 cup biscuit mix
1/4 cup brown sugar
1 teaspoon cinnamon
2 tablespoons firm butter or margarine
1/4 cup chopped nuts -- if desired

Combine first 8 ingredients. Spread in a lightly greased 3 1/2 quart crock pot (or spread in a lightly greased baking dish which fits in a larger sized pot). Combine streusel ingredients with a fork or pastry blender; sprinkle over the batter. Cover and cook on high for about 2 1/2 hours, until a toothpick inserted in the center comes out clean. Uncover and let cool in the pot. When cool enough to handle, loosen the sides and lift out carefully with a flexible spatula, or loosen sides and invert the pot slightly and remove with your hand (you could hold a small piece of foil or waxed paper).

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9. APPLE GLAZED PORK ROAST

4 pounds Pork Loin Roast -- trimmed
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1/4 cup apple juice -- non-sweet
Salt & pepper to taste
3 tablespoons brown sugar
6 apples -- quartered
1 teaspoon ground ginger

Rub roast with salt and pepper. Brown pork roast under broiler to remove excess fat; drain well. Place apple quarters in bottom of crockpot. Place roast on top of apples. Combine apple juice, brown sugar, and ginger. Spoon over top surface of roast, moistening well. Cover and cook on Low setting for 10-12 hours or until done. Yield: 8 Servings

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10. APPLESAUCE

About 3 pounds apples, peeled, cored, and sliced
1/3 c. sugar
1 cinnamon stick
2 T. lemon juice
nutmeg

Put apples in cooker, sprinkle w/ sugar and add cinnamon stick. Sprinkle lemon juice on. Cover and cook on low for 6 1/2 to 8 hours until apples form a thick sauce. Sprinkle with nutmeg to taste.

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11. APPLESAUCE CAKE

1/2 c Butter; or margarine
1 c Brown sugar
1 c Applesauce
2 1/2 c Flour
1/2 ts Baking soda
1/2 ts Salt
1 ts Baking powder
1/2 ts Cinnamon
1/2 ts Ground cloves
1/4 ts Nutmeg; (opt.)
1/4 ts Allspice; (opt.)
1 c Walnuts; chopped

In bowl cream butter; gradually add sugar to the creamed butter. Thoroughly mix until fluffy. Add applesauce. Sift together all dry ingredients, then add those to the mixture. Add the nuts, and stir well. Pour cake mixture into wide-mouth canning jars.

WARNING: Please use only canning jars that are specially tempered. Do not use cans or other jars that may not be appropriate for this method due to lead content. Or, use a special crockpot baking pan available through Rival Co.

To assure that baked cakes will slip out easily, grease inside of jars well. (Lining bottom of jars with waxed paper also will help.) Cover each jar with a piece of foil greased on one side. Place greased side down and press foil around edges to seal tightly. Place jars in crockpot with crockery liner in place. Cover; cook on high-heat setting for 2 3/4 to 3 hours or till cakes spring back when touched and a wooden toothpick inserted near the centers comes out clean. Remove jars from cooker; cool 10 minutes. Unmold cakes; remove waxed paper. Serve warm or cool with whipped topping, if desired.

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12. APRICOT-APPLE PORK CHOPS

2 pounds pork chops
1 cup chopped apple
1 cup chopped dried apricot
1/2 cup fresh or dried cranberries (optional)
1 medium onion, chopped
2 ribs celery, sliced in 1/2-inch pieces
1/2 cup apple juice
1/2 cup brown sugar
1/4 cup dry sherry or wine (or more apple juice)
salt and pepper to taste
1 1/2 tablespoons cornstarch mixed with 2 tablespoons cold water

Combine all ingredients; cover and cook 7 to 9 hours on low. 30 minutes before serving, pour liquid into a separate container to skim off excess fat. Stir in cornstarch mixture and return broth to crockpot. Continue cooking on low until smooth and thickened. Serves 4 to 6.

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13. ARROZ CON QUESO

1 can (16 ounces) whole tomatoes, mashed
1 can (16 ounces) Mexican-style beans
1 1/2 cups uncooked long-grain converted rice
1 large onion, finely chopped
1 cup cottage cheese
1 can (4 ounces) green chili peppers, drained, seeded and chopped
2 tablespoons vegetable oil
3 cloves garlic, minced
2 cups grated Monterey Jack or processed cheese, divided

Lightly grease slow cooker. Mix all ingredients except 1 cup grated cheese in large bowl. Pour mixture into slow cooker. Cover and cook on low 6 to 9 hours. Just before serving, sprinkle with reserved grated cheese.

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14. ASIAN POT ROAST

1-14.5 oz can chicken broth
2 tsp minced fresh ginger
4 garlic cloves, peeled and halved
1/2 cup soy sauce
2.5 -3 lb lean boneless beef pot roast or beef top round steak, trimmed of fat and cut into 3 or 4 chunks
2 large onions, sliced and separated into rings
1/4 cup quick-mixing flour, such as Wondra

In a 3.5 or 4 quart crockpot, mix together the chicken broth, ginger, garlic and soy sauce. Place the beef chunks in the broth mixture. Top with onion slices. Cover and cook on Low 8 to 9 hours, or until the beef is tender. If necessary, skim off any fat from the juices. In a small bowl, whisk together the flour and 3/4 cup liquid from the crockpot until smooth. Stir the flour mixture back into the liquid in the crockpot.
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Increase to heat to High and cook, uncovered 30 to 40 minutes longer, or until the sauce is thickened slightly. Cut the meat into slices before serving. Serve the meat and sauce over hot steamed rice along with stir-fried vegetables.

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15. AU GRATIN POTATOES AND HAM

6 c. potatoes -- peel/slice
1 Med onion -- coarsely chop
1 1/2 c. ham -- cook/cube
1 c. American cheese -- shredded
1 Can Cream of mushroom soup
1/2 c. milk
1/4 tsp. thyme

In slow cooker, layer half each of the potatoes, onion, ham and cheese; repeat layers. In small bowl, combine soup, milk and thyme; pour over top. Cover; cook on high setting for 1 hour. Reduce to low setting; cook for 6 to 8 hours or until potatoes are tender. Servings: 6

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16. BACHELOR'S STEW

2 pounds beef chuck, cut into 1 to 2 inch cubes
1/3 cup dry bread crumbs
1 teaspoon salt
1/8 teaspoon ground black pepper
1 large onion, cut into eighths
3 carrots, pared and split lengthwise in 4 inch strips
4 stalks celery, chopped
1 teaspoon dried basil
1/3 cup quick cooking tapioca
1 (4 ounce) can sliced mushrooms, undrained
1 teaspoon soy sauce
2 (10.75 ounce) cans condensed tomato soup
1 cup beef broth

Combine bread crumbs with salt and pepper and toss with beef. Place coated beef cubes into a slow cooker and add onion, carrots, celery, basil, tapioca, mushrooms, soy sauce, tomato soup and broth. Stir well, cover and cook on low for 10 to 12 hours, or on high for 3 to 5 hours.

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17. BACON CHEESE POTATOES

1/4 lb Bacon -- diced
2 md Onions -- thinly sliced
4 md Potatoes -- thinly sliced
1/2 lb Cheddar cheese -- thinly slice
Salt and pepper
Butter

Line crockpot with aluminum foil, leaving enough to overlap potatoes when finished. Layer half each of the bacon, onions, potatoes and cheese in crockpot. Season to taste and dot with butter. Repeat layers of
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bacon, onions, potatoes and cheese. Dot with butter. Overlap with remaining foil. Cover and cook on low setting for 10 to 12 hours.

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18. BAKED APPLES

2 T. raisins
1/4 c. sugar
6 to 8 apples, washed and cored
1 tsp. cinnamon
2 T. butter

Mix raisins and sugar, fill center of apples. Sprinkle with cinnamon and dot with butter. Put in crockpot; add 1/2 cup water. Cover; cook on Low 7 to 9 hours. Servings: 6-8

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19. BAKED HAM

1 large potato per person, cut up in small pieces
2 - 3 carrots per person, sliced thinly
1 or 2 bay leaves
3 - 4 cloves garlic, peeled and sliced or minced
Ham

Line your large crockpot with a turkey size or large cooking bag. Cover bottom with carrots, potatoes. Place ham on vegetables, top with garlic and bay leaves. Add between one half and one cup broth. Close bag, replace lid and leave on low for 4 hours.

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20. BAKED LAMB SHANKS

6 Lamb shanks, cracked
Garlic cloves
3 teaspoons salt
1/2 teaspoon pepper
3 onions, sliced
4 small carrots, cut in thin strips
4 celery stalks, 2" strips
2 bay leaves
1 teaspoon oregano
1 teaspoon thyme
1/2 cup dry white wine
1 can Tomato paste, 8 oz.

Rub lamb shanks with garlic and season with salt and pepper. Place vegetables in bottom of removable liner; add meat and all other ingredients. Place liner in base. Cover and cook on low 8-10 hours, high 4-5 hours or auto 6-7 hours. Yield: 6 Servings

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21. BANANA BREAD

1 3/4 cup flour
2 tsp baking powder
1/4 tsp baking soda
1/2 tsp salt
1/3 cup shortening
2/3 cup sugar
2 eggs, well beaten
1 1/2 cups well mashed, overripe banana (2 or 3 bananas)
1/2 cup coarsely chopped walnuts (optional)

Sift together the flour, baking powder, baking soda and salt. With the electric beater on low, fluff the shortening in a small bowl, until soft and creamy. Add the sugar gradually. Beat in the eggs in a slow stream. With a fork, beat in 1/3 of the flour mixture, 1/2 the bananas another 1/3 of the flour mixture, the rest of the bananas then the last of the flour mixture. Fold in the walnuts. Turn into a greased and floured baking unit or a 2 1/2 quart mold and cover. Place on a rack in the slow cooker. Cover the cooker, but prop the lid open with a toothpick or a twist of foil to let the excess steam escape. Cook on high for 4 to 6 hours. Cool on a rack for 10 minutes. Serve Warm.

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22. BARBECUE BEAN SOUP

1 lb Great Northern beans, soaked
2 ts Salt
1 md Onion, chopped
1/8 ts Ground pepper
2 lb Beef short ribs
6 c Water
3/4 c Barbecue sauce

Place all ingredients in CROCK-POT except barbecue sauce Cover and cook on Low 10 to 16 hours. Before serving, remove short ribs and cut meat from bones. Return meat to CROCK-POT. Stir in barbecue sauce before serving.

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23. BARBECUE BEEF

1 pound rump roast
1 bottle chile sauce
4 oz mushrooms; canned, sliced
1 onion
Salt and pepper
1/2 teaspoon chili powder
1 dash cayenne pepper

Slice rump roast into 1 inch steaks and cube them. Place the meat into a hot skillet to sear and brown. Put the browned meat into the CROCKPOT with the other ingredients. Deglaze the frying pan with 1/2 cup water and add to the pot. Cover and cook for 8 to 10 hours and serve hot on steak buns for some of the best Bar-B-Q you have ever had! Yield: 4 Servings

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24. BARBECUE BEEF BRISKET
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5 1/2 pounds beef brisket
1 3/4 cups barbecue sauce, smoke flavor
2 tablespoons brown sugar
1 teaspoon garlic salt
1 teaspoon seasoned salt
2 teaspoons pepper; coarse grind
1/2 teaspoon onion powder
1/2 teaspoon dry mustard
2 teaspoons worcestershire sauce

Combine all ingredients except brisket in removable liner. Add brisket and turn to coat well with barbecue sauce. Marinate 3 to 4 hours, or overnight in refrigerator. Place liner in base. Cover and cook on auto for 8 hours; or low for 9-11 hours; or high for 5-6 hours. Yield: 8 Servings

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25. BARBECUE BEEF SANDWICHES

3 pounds chuck roast
1 cup water
2 beef bouillon cubes
1 tablespoon minced onion
15 ounce can tomato sauce
1/4 cup brown sugar
1/4 cup catsup
1/4 cup mustard
dash worcestershire sauce

Roast meat, along with 1 cup water and bouillon cubes. Shred meat with a fork after cooking and retain 1 cup of the juice from cooking. Add rest of the ingredients to shredded meat. Put in a crock pot and cook on low heat 3 to 4 hours. Serve over hamburger buns or dinner rolls. Yield: 6 Servings

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26. BARBECUE BEEF SHORT RIBS

3 1/2 pounds beef short ribs
1 tablespoon vegetable oil
1 large onion, cut into wedges
1 cup water
1 cup tomato catsup
1/3 cup red wine vinegar
1 tablespoon paprika
1 teaspoon curry powder
1/2 teaspoon chili powder
1/2 teaspoon dry mustard
2 teaspoon salt
4 medium potatoes, peeled
4 medium carrots, pared cut into slices
1 tablespoon cornstarch, optional
1/4 cup water

Mix all ingredients at cook on low for 6-8 hours. Yield: 4 Servings

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27. BARBECUE CHICKEN

Chicken pieces -- whatever you and however many you -- need
1 Onion -- cut up
1 Bottle BBQ sauce

Put chicken in bottom of Crockpot (I always skin mine first). and add onions and BBQ sauce. Cook on LOW for about 8 to 10 hours.

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28. BARBECUE COUNTRY RIBS & NOODLES

2-5 pounds country-style ribs
Sauce:
Dash tabasco (opt)
dash pepper
1 tsp salt
1 c ketchup
1 tsp mustard
1 tsp celery seed
3 tblsps soy or worcestershire sauce
2 tblsps brown sugar, packed
4 tblsps lemon juice
2 onions, chopped
2 tblsps vinegar
1 8 oz. can tomato sauce

Put ribs under broiler and brown. Mix sauce ingredients (I tend to double recipe). Put ribs in crockpot, pour sauce over top, cover and run on low all day. Serve with or over cooked egg noodles.

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29. BARBECUE MEATBALLS

1-1/2 pounds lean ground beef
1 cup crushed Ritz crackers
1 bottle (18 ounces) barbecue sauce, divided
1 egg, beaten
1/2 tsp. salt
1/4 tsp. pepper
Dash of chili powder
Dash of garlic powder
1 small onion, diced
2 tbsp. butter

In a large bowl, combine beef, crackers, 1/4 cup barbecue sauce, egg and seasonings. Melt butter in skillet; saute onion until tender. Add onion to beef mixture and mix well. Shape beef mixture into 1-1/2-inch meatballs and place on lightly greased cookie sheet. Bake at 350º for 20 to 25 minutes or until browned. Pour remaining sauce in crock pot. Add meatballs and stir gently to cover in sauce. Cover and cook on high-heat for 2 hours or on low-heat for 4 hours, stirring occasionally. Yield: 6 servings. *Useful Tip:
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These meatballs make excellent meatball subs, too! To make regular meatballs, simply omit the BBQ sauce.

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30. BARBECUE PORK CHOPS

6 Pork Chops OR... Pork Steaks
1 teaspoon fat
1 1/2 cups catsup
1 1/2 cups water
1/4 cup vinegar
1/4 cup worcestershire sauce
2 teaspoons salt
2 teaspoons chili powder
2 teaspoons paprika
1 teaspoon pepper
1/2 teaspoon Accent
2 large onions, sliced very thin
1 teaspoon salt
1 teaspoon Accent
1/4 teaspoon pepper

Place fat in crockpot and melt on HIGH. Add meat and turn to coat with fat. Season meat with mixture of last 3 ingredients. Add all other ingredients. Cook on LOW for 8-9 hrs. Yield: 6 Servings

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31. BARBECUE PORK SANDWICHES

2 onions -- sliced
4 pounds pork roast -- or 5 lbs
6 whole cloves
2 cups water
16 ounces barbecue sauce -- bottled
1 large onion -- chopped

Put half the sliced onions on the bottom of the crockpot. Place meat on top, along with cloves (which I put in a cheesecloth bag) and rest of sliced onions. Add water, cover, and cook overnight or 8 to 12 hours on low. Remove meat. Drain liquid from crockpot and discard. Remove bone and fat from meat. Shred meat and put back in the crockpot. Add chopped onion and barbecue sauce. (I always add MORE barbecue sauce. It tends to be rather dry with just the 16 ounces!) Cover and cook another 1 to 3 hours on high or 4 to 8 hours on low, stirring two or three times. Serve from crock pot on large buns!

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32. BARBECUE POTATOES

Here's a hint for you...bake your potatoes in your crock pot. if you are going to barbecue later in the day, put your taters in the crock in the morning over a plate, add bacon and spices to some water in the bottom..make sure taters DON'T touch the water. Also you can cut the taters in half, season, insert bacon slice, wrap back together with foil, and place in crock..cover with more foil and lid, set temp on low and cook all day without worrying about them. They taste like they were on the fire but weren't! If you really like 'em smoky, add liquid smoke to the water in the bottom...use about an inch of water for a full 6 qt crock pot.
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33. BARBECUE ROAST

1 Roast beef -- crockpot size
Salt and pepper -- to taste
1 bottle Barbecue sauce (use entire 1 Bottle if regular size)

Place the roast into the crock pot and add the salt and pepper. Pour the barbecue sauce over the meat covering completely with sauce. Place the lid on and cook on a medium setting for the entire day. (8 hours). The sauce has a wonderful flavor and can be thickened with a small amount of flour, if desired. Serve with crusty bread and complementary vegetables. 4 servings.

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34. BARBECUE TURKEY LEGS

4 uncooked turkey drumsticks
Salt and Pepper
1/4 cup molasses
1/4 cup vinegar
1/4 cup catsup
2 tablespoons worcestershire sauce
1/2 teaspoon hickory smoke salt
1 tablespoon instant minced onion

Sprinkle turkey with salt and pepper. Place in a crockpot. Combine remaining ingredients; pour over the turkey. Cover and cook on low for 5 to 7 hours. If the turkey legs are small, serve one thigh or one drumstick per person, if large, slice off the meat and serve with sauce. Makes 4 to 6 servings.

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35. BARBECUE TURKEY & VEGETABLES

1 c Barbecue sauce
1/2 c Hot water
2 Skinless turkey thighs, cut in half, about 2 pounds
3 md Potatoes, unpeeled, cut in 8 pieces each
6 md Carrots, in 2 1/2x1/2"sticks

In medium bowl, blend barbecue sauce with water. layer turkey, potatoes and carrots in electric crockpot. Pour sauce mixture over top. Cover and cook on Low setting at least 9 hours. Remove turkey and vegetables with slotted spoon. Place on serving platter. Serve cooking juice over turkey and vegetables.

NOTES : Who would guess that 5 ingredients could be so tasty. A good quality barbecue sauce is the secret. Cooking juices can be thickened with flour. Add small amount of hot liquid to 2-3 Tbsps flour in measuring cup. Stir and add back to crockpot, on High. Cook to thicken.

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36. BARLEY - PECAN CHICKEN

1 md Onion; finely chopped
2 Cloves garlic; minced or pressed

8 oz Mushrooms; sliced
1/4 ts Salt
1/4 ts Dry thyme
1 c Pearl barley; rinsed and drained
8   Boneless chicken thighs; skinless (about 1 1/2 lb)
1/8 ts Paprika
1 Can chicken broth (14 oz)
1/4 c Pecans; coarsely chopped
Parsley; chopped

In a 3-quart or larger slow cooker, combine onion, garlic, mushrooms, salt, thyme, and barley. Rinse chicken, pat dry, and arrange over barley mixture. Sprinkle with paprika. Pour in broth. Cover and cook at low setting until chicken is very tender when pierced and barley is tender to bite (6-1/2 to 7 hours).

When chicken is almost done, toast pecans in a small nonstick frying pan over medium heat until golden brown (5 to 8 minutes), stirring occasionally. Set aside. To serve, sprinkle chicken and barley with pecans and parsley. Makes 4 servings.

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37. BASIC WHITE BREAD

2 c Lukewarm Water
1 pk Active Dry Yeast
1 tb Granulated Sugar
3 1/2 c All-Purpose Flour Or Unrefined Flour
1/2 ts Salt
2 tb Oil
Milk

Preheat the slow cooker on High with the lid on. Dissolve the yeast in 1/2 cup of the lukewarm water with the sugar and set in a warm - not hot - place. Put the flour in a large bowl and sprinkle with the salt. Make a well in the center. When the yeast is bubbly, pour the rest of the water, the yeast mixture, and the oil into the well. Stir with your fingers until all the flour has been absorbed. Grease a 2-quart mold and place the bread in it. Brush milk with a pastry brush over the top of the bread. Cover loosely with a plate and let stand for 5 minutes in a warm place. Place on a trivet in the slow cooker, cover the cooker, and bake on High for 2 to 3 hours. Makes 1 loaf.

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38. BAVARIAN DINNER

2 cans sauerkraut, Bavarian style, undrained (27 oz each)
2 lb Polish kielbasa sausage, precooked and cut into 3-inch pieces.
1 medium onion, thinly sliced and separated into rings
1 teaspoon chicken bouillon, instant
1/2 teaspoon celery seed

In bottom of slow cooking pot, layer 1 can sauerkraut, 1 lb sausage pieces, half the onion slices, 1/2 tsp. bouillon and 1/4 tsp. celery seed. Repeat layers. Cover and cook on LOW for 7-9 hours or on HIGH for 3-4 hours. Serve with boiled potatoes. Yield: 6 Servings

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39. BAVARIAN POT ROAST
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3 pounds pot roast
1 tablespoon oil
1 1/2 teaspoon salt
1/8 teaspoon black pepper
1/2 teaspoon ginger, ground
3 cloves
4 medium apples
1 medium onions, sliced
1/2 cup apple juice
4 tablespoons flour
4 tablespoons water

Rub top of meat with oil. Dust with salt, pepper, and ginger. Insert cloves into meat. Core and quarter apples. Put apples and onions in bottom of crockpot. Cut roast into 2-3 pieces. Put on top of apples and onions. Add apple juice. Cook on low about 8 hours. Remove roast and apples. Make paste of flour and water. Add paste to liquid in crockpot and stir. Replace roast, cook on high until thickened. Yield: 6 Servings

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40. BBQ BEANS

1 huge can baked beans
1 c. frozen or fresh chopped onions
3/4 c. ketchup (up to 1 c.)
2 rounded T. Grey Poupon mustard
1/2 28oz. bottle K.C. Masterpiece Original

Mix it all in the crockpot and cook on high overnite. Cook on low for another 4 hours. This was a big hit at the pot luck and FAST to make at 1:00 am! Yield: 6 Servings

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41. BEAN, BARLEY & SAUSAGE SOUP

1 pound kidney beans, dry
1 package smoked polish sausage, sliced
7 cups water
1 cup barley
2 garlic cloves, peeled
3 bay leaves

Put rinsed beans in large saucepan. Add water, cover and let stand overnight. Drain off water the next day. Put beans, barley and remaining ingredients into crockpot. Stir. Cover and cook on high for 4 hours. Remove bay leaves. Salt to taste when serving.

I nuked the beans to fast-soak them, and it worked great. Even the kids liked this one! I used a fine-ground wurst instead of Polish sausage and cut it into bite-sized pieces before cooking. I also added some powdered beef stock to the water for cooking. Then I packed the soup into empty jars to take to work. It reheats great! Also worked well for a quick supper for the kids. Definitely a keeper. Yield: 6 Servings

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42. BEANS & HAM
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12 oz Dried beans, any kind
5 c Water
2 c Ham, diced
1 c Celery, chopped
1 c Onion, diced
1/2 c Carrots, minced fine
1 ts Season salt (Lawry's)
2 ts Beef soup base or bouillon
1 ts Chicken soup base or bouillon
1/4 ts Red pepper flakes
1 pinch Dill weed
1 pinch Caraway seeds
1 Clove garlic; minced

Combine all ingredients in crockpot. Cook on low 8 hours or until beans are tender. 3 servings.

If using beans other than Lima Beans: To make sure the beans are tender at the end of the cooking time, soak beans overnight, or boil on stovetop for 10 minutes prior to adding them to the crockpot.

If using Baby Lima Beans: Use 4 cups water.

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43. BEAN & SAUSAGE CASSEROLE

5 can kidney beans, 16 oz. drained
10 bacon strips, diced
3 pounds Kielbasa, sliced
1 1/2 cups onions, chopped
3 chicken bouillon cubes, crushed
1/4 teaspoon pepper
2 cup dry red wine
Parsley; chopped

Fry bacon bits until crisp; discard fat. Combine all ingredients, except parsley, in crockpot. Cover and cook on low 8-10 hours, or high 5 hours. Garnish with parsley. Yield: 8 Servings

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44. BEEF-BARLEY BAKE

1 lb round steak, cut in 1-inch pieces
3/4 cup quick barley
1 can golden mushroom soup
1/2 soup can water
8 to 12 ounces fresh sliced mushrooms

Combine all ingredients in the crockpot; mix well. Cover and cook on low for 7 to 8 hours.
Serves 4.

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45. BEEF & BEAN BURRITOS
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2 packages (1 1/2 ounces each) enchilada sauce mix
3 cups water
1 can (12 ounces) tomato paste
1/4 teaspoon black pepper
1/8 teaspoon garlic powder
salt to taste
2 pounds ground beef
5 large flour tortillas (9-inch)
4 cups shredded cheddar cheese
1 can (12 ounces) refried beans

Garnish with taco sauce, sour cream, salsa, chopped onion, chili peppers, guacamole. Lightly grease crockpot. Prepare foil handles. Place in crock-pot. In saucepan, combine the first six ingredients; simmer for 15 minutes over low heat. In a skillet, brown ground beef. Drain. Stir in 1/3 of sauce mix into browned beef. Spoon a small amount of sauce into bottom of the crockpot. Spread a small amount of refried beans over flour tortilla. Place tortilla on top of sauce in crockpot, tearing to fit if necessary. Spoon meat mixture over tortilla and then top with a small amount of cheese. Continue layering process until the top of crockpot is reached, ending with a layer of cheese. Cover and cook on LOW 6-8 hours or on HIGH for 3-4 hours. Lift burritos out by the foil handles and place on serving plate. Cut in wedges and garnish as desired. Served 4-6 servings.

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46. BEEF & BEER STEW

2 lbs beef stew meat (or any other meat)
4-5 carrots
3-4 celery stalks
2 onions
4 garlic cloves
1/2 cup cabbage
1 apple
1 bottle dark beer
3 bouillon cubes (beef)
small can mushrooms
1 can diced tomatoes
1 1/2 cups of water
2 bay leaf
1 tablespoon dry mustard
1 tablespoon basil
1 tablespoon worcestershire sauce
salt and pepper
Olive oil
butter

Take 1 carrot, 2 celery stalks, one onion, the garlic, cabbage and apple and process in a food processor until finely chopped (or just chop by hand until finely chopped). Melt butter in skillet (I use a stick) and saute chopped vegetables until they are very wilted and smell wonderful. Put cooked vegetables in crock pot and then put in bouillon cubes, water, beer, tomatoes, mushrooms, mustard, basil, worcestershire sauce, bay leaves, salt and pepper. Cut up remaining vegetables in large pieces and add to crock pot. Dredge meat in flour that has some salt and pepper in it and heat olive oil in same skillet you fried the vegetables in. Do not worry if there are bits of vegetables stuck in the pan. Brown meat and add to crock pot along with the bits and pieces in the skillet still. Cook on low for 6 hours.

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47. BEEF BOOGIE WOOGIE

10-3/4 oz. cream of mushroom soup
1/2 C. red wine
1 packet beefy onion soup mix (Lipton)
1/2 tsp. dried thyme
2 lb. stew beef
8 ounces fresh mushrooms, sliced
8 oz. baby carrots

Mix sauce ingredients in cooker. Add meat, carrots, and mushrooms, and stir. Cook on high 4 hours and low 4
hours (or just low for about 8 to 10 hours). Serves 4

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48. BEEF BOURGUIGNON

4 pounds lean beef -- cubed
1 cup red wine
1/3 cup oil
1 teaspoon thyme
1 teaspoon black pepper
8 slices bacon -- diced
2 cloves garlic -- crushed
1 onion -- diced
1 pound mushrooms -- sliced
1/3 cup flour

Marinate beef in wine ,oil, thyme and pepper 4 hours at room temperature or overnight in refrigerator. In large pan, cook bacon until soft. Add garlic and onion; saute until soft. Add mushrooms and cook until slightly wilted. Drain beef, reserving liquid. Place beef in slow cooker. Sprinkle flour over the beef, stirring until well coated. Add mushroom mixture. Pour reserved marinade over all. Cook on LOW 8-9 hrs. Yield: 8 Servings

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49. BEEF & BREW

1 1/2 lbs. stew beef
3 to 4 tbsp. flour
Salt & pepper to taste
1 can beer (12oz)
1 pkg. regular or beefy onion soup mix
1 pkg. brown gravy mix

Cube stew beef. Dredge in flour, salt and pepper. Brown the meat. In crock pot, mix beer, soup mix and gravy mix. Add meat. Simmer on low 8 to 10 hours. Serve over noodles or potatoes. Serves 4.

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50. BEEF BROCCOLI SOUP

1 1/2 lb. lean ground beef
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3 cup broccoli, chopped
2 cans (4 oz.) mushroom pieces OR... 1 cup fresh mushrooms, chopped
1/2 cup celery, chopped
1 cup carrots, sliced
1/4 cup green pepper, chopped
1 qt. tomato juice (or V-8)
1/2 cup water
1/4 to 1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. thyme
1/4 tsp. oregano

Brown beef; drain off fat. Add vegetables, juice, water, seasonings. Place in crockpot, cook on low 8 to 9 hours. Freezes well. Serves 6

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51. BEEF & BROCCOLI PASTA

1 pkg (10 oz) frozen broccoli
1 med onion chopped
1 tsp basil
1 tsp oregano
1 tsp crushed red pepper flakes
1 tsp thyme
1 can italian style tomatoes, undrained
1 cup beef broth
1 pound ground beef
2 cloves minced garlic
2 Tbsp tomato paste
2 cups cooked rotini pasta
3 oz shredded cheddar cheese
2 oz grated parmesan

Layer broccoli, onion, basil, oregano, red pepper, thyme, tomatoes and beef broth in slow cooker. Combine beef and garlic in skillet and cook until no longer pink. Drain. Add to crock pot. Stir in tomato paste, pasta and cheese. Cover and cook 6 hours. Stir well.

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52. BEEF BURGUNDY

1 to 2 pound round steak (left whole or if necessary, cut into 2 pieces.)
Granulated garlic - about 2 t.
salt
pepper

Sauce:
1 can cream of mushroom soup
1 can mushroom soup with garlic
1 sm. can of mushrooms
1/4 t. marjoram
1/2 t. thyme
3 T. dried minced onion
1 cup of burgundy

3/4 cup sour cream
Hot cooked noodles

Season steak with granulated garlic, salt and pepper. Mix sauce ingredients together and pour over the steak. Cook on low 8-10 hours. About 20 min. before it is done, mix in 3/4 cup of sour cream (or more if you like). Serve over noodles.

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53. BEEF CASSEROLE

1 1/2 pounds stew meat -- cut in 1" cubes
1 ounce flour
2 tablespoons oil
2 large onion -- thinly sliced
3 medium carrots -- thinly sliced
1 can beef bouillon
salt and pepper -- to taste

Toss meat with flour seasoned with salt and pepper. Brown in oil over medium heat; remove from pan. Sauté onion slices until soft and golden. Place carrots, then onions, then meat into crockpot. Add any remaining flour to mixture in frying pan and cook for 2 minutes. Stir in bouillon and stir over low heat until mixture comes to a boil. Pour into crockpot, cover and cook on HIGH for 30 minutes, then on LOW 6-7 hours. Yield: 6 Servings

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54. BEEF DIABLO

4 pounds pot roast, boneless/beef arm
3 potatoes, peeled/sliced
1 onion, sliced
2 tablespoons flour
1 tablespoon prepared mustard
1 tablespoon chili sauce
1 tablespoon worcestershire sauce
1 teaspoon vinegar
1 teaspoon sugar

Trim all excess fat from roast. Place potatoes and onion in bottom of crockpot. Make a smooth paste of flour, mustard, chili sauce, worcestershire sauce, vinegar and sugar. Spread over top of roast (cut roast in half, if necessary, to fit easily). Place roast in crockpot on top of potatoes and onions. Cover and cook on LOW setting for 10 to 12 hours (on HIGH setting for 5 to 6 hours). Yield: 4 Servings

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55. BEEF EN DAUBE

2 lb Lean stewing beef
2 Sl Bacon; diced
2 Doz tiny boiling onions
1 tb Red wine vinegar
1 tb Brown sugar
1 1/2 c Dry red wine
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Salt and pepper to taste
2 Buds garlic; minced
1 ts Fresh thyme OR... 1/2 ts Dried thyme
1 ts Beef stock base
2 Strips orange peel
2 tb Cornstarch
2 tb Parsley; chopped

Cut meat in 1-inch cubes. Fry bacon until crisp. Remove from pan. Pour off all but 2 tablespoons drippings. Brown meat and onions in drippings. Transfer to crockery pot along with bacon. Add vinegar and brown sugar to pan drippings. Cook 1 minute; stirring. Pour in wine. Bring to a boil. Pour over meat. Season with salt; pepper, garlic, thyme, stock base and orange peel. Cover. Cook on LOW 8 hours. Turn to HIGH. Mix cornstarch with 1 tablespoon cold water. When pan juices are bubbling, stir in cornstarch paste. Cook, stirring until thickened. Garnish with parsley. Makes 6 servings.

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56. BEEF FAJITAS

1 1/2 lbs. beef flank steak
1 c. chopped onion
1 green sweet pepper, cut into 1/2 inch pieces
1 jalapeno pepper, chopped
1 T. cilantro
2 garlic cloves, minced (or 1/4 tsp. garlic powder)
1 tsp. chili powder
1 tsp. ground cumin
1 tsp. ground coriander
1/2 tsp. salt
1 can (8oz) chopped tomatoes
12 8-inch flour tortillas
Toppings: sour cream, guacamole, shredded cheddar cheese and salsa

Cut flank steak into 6 portions. In any size crockpot combine meat, onion, green pepper, jalapeno pepper, cilantro, garlic, chili powder, cumin, coriander and salt. Add tomatoes. Cover and cook on low 8-10 hours or high 4-5 hours.

Remove meat from crockpot and shred. Return meat to crockpot and stir. To serve, spread meat mixture into flour tortillas and top with toppings. Roll up. Servings: 12

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57. BEEF FAJITA SOUP

1 lb. lean, boneless beef stew meat, trimmed of all fat and cut into 1/2-inch cubes
1 (141/2-oz.) can beef broth
2 cups water
1 (16-oz.) pkg. frozen fajita-style vegetables, thawed
1 (141/2-oz.) can Mexican-style thick and chunky tomato sauce
1 (15-oz.) can pinto beans, rinsed and drained
2 tsps. ground cumin
1 (15-oz.) can black beans, rinsed and drained
1/4 tsp. seasoned salt
1/4 tsp. garlic pepper
Sour cream, chopped avocado, and shredded Monterey Jack or Cheddar cheese, for garnish

In a 31/2-quart slow cooker, combine the beef, broth, water, vegetables, tomato sauce, pinto beans and cumin. Cover and cook on the low setting for 8 to 81/2 hours, or until beef is tender. Stir in the black beans, seasoned salt and garlic pepper. Heat, covered, 10 minutes longer. Serve topped with sour cream, avocado and cheese. Makes 6-8 servings.

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58. BEEF HASH

1 1/2 cups beef -- cut up cooked
10 ounces hash brown potatoes -- frozen -- thawed
1 onion -- finely chopped
1/4 cup margarine -- melted
1 cup gravy
1 cup beef broth
pepper

Place all ingredients in crockpot. Cover and cook on low setting for 6 to 8 hours.

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59. BEEF & MACARONI CASSEROLE

1 package macaroni, cooked and drained
2 tablespoons oil
1 1/2 lb Ground beef, browned and drained
Salt and pepper
1 large onion, chopped
2 stalks celery, chopped
1 can tomato paste, 6 oz.
3/4 cup water
2 tablespoons sherry
1 can cream of tomato soup
Grated Cheddar or Parmesan cheese
1 teaspoon leaf oregano

Toss cooked noodles in oil. Place in greased CROCK-POT. Add all remaining ingredients, except grated cheese. Stir thoroughly. Sprinkle cheese over top. Cover and cook on Low 4 to 8 hours. (High: 2 to 3 hours). Yield: 6 Servings

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60. BEEF PAPRIKASH

3 pounds cubed stew beef
1 1/2 cups sliced onions
1 clove garlic, minced
1 1/4 cups catsup
3 tablespoons worcestershire sauce
3/4 teaspoon dry mustard
1 tablespoon paprika
1 1/2 tablespoons brown sugar
2 cups water
2 tablespoons cornstarch
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Mix all ingredients, except cornstarch, in crockpot. Cover and cook on low for 8 hours. Turn crockpot to high and stir in mixture of 2 tablespoons cornstarch and 1/2 cup water. Cook until thickened, about 15 to 20 minutes. Yield: 8 Servings

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61. BEEF & PEPPERS

2 pounds round steak -- lean
2 green peppers -- sliced thin
2 tablespoons dried onions -- minced
1 cup beef broth
2 tablespoons low sodium soy sauce
1/2 teaspoon ground ginger
1 garlic clove -- minced
1 teaspoon worcestershire sauce

Use dried onions or finely chop about 1/2 of a fresh onion. Cut the steak into serving size pieces. If desired you can brown the meat in a little hot oil before adding to crockpot. Place the thinly sliced pepper rings in bottom of crockpot, reserving a few to place on top of meat if desired. (Vegetables cook better when placed on bottom of pot.) Arrange the meat on pepper, careful to not stack one piece directly on top of another. Mix all other ingredients and pour over meat and peppers. Cover and cook on low for 8-10 hours or on high for about 4 hours. Serve with mashed potatoes and simply seasoned vegetables. Yield: 8 Servings

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62. BEEF & PEPPERS SANDWICHES

1 2 1/2- to 3-pound boneless beef chuck pot roast, cut into 1-inch cubes
1 large onion, chopped
1/4 cup Worcestershire sauce
1 tablespoon instant beef bouillon granules
1 teaspoon dried oregano, crushed
1/2 teaspoon dried basil, crushed
1/2 teaspoon dried thyme, crushed
2 cloves garlic, minced
1/2 cup chopped pepperoncini (Italian pickled peppers) or other pickled peppers
8 hoagie buns or Kaiser rolls, split and toasted
6 ounces sliced Swiss cheese

In a 3 1/2- or 4-quart crockery cooker combine meat, onion, Worcestershire sauce, bouillon granules, oregano, basil, thyme, and garlic. Cover; cook on low-heat setting for 10 hours or on high-heat setting for 5 to 6 hours. Stir to break up meat cubes. Stir in chopped pepperoncini. Cook, uncovered, on high-heat setting for 30 minutes more, stirring often to break up meat. Using a slotted spoon, place meat mixture on the bottom half of buns. Top each sandwich with cheese. Broil sandwiches 4 inches from heat about 1 minute or until cheese melts. Add top half of buns.

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63. BEEF & PORK LOAF

1 1/4 pounds Ground Beef
1/2 pound Ground Lean Pork
2 cups Soft Bread Crumbs -- (2 sl)
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1/4 cup Onion -- minced
1 cup Milk
1 Egg -- beaten
2 teaspoons Salt
1/4 teaspoon Pepper
1 dash nutmeg OR cloves OR cinnamon
1/2 teaspoon chili powder -- optional

Mix all together. Pack lightly in crockpot with rounded top. Cook on low 8-9 hrs. Serves 8.

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64. BEEF & POTATOES

2 pounds lean ground beef
1 teaspoon salt
1/2 teaspoon pepper
1/4 cup finely chopped onions
1 can cream of tomato soup
6 medium potatoes
1 cup light cream

In large skillet, brown beef; breaking up into large chunks with fork. Pour off excess fat. In a small bowl, mix together salt, pepper, onion, and undiluted soup. Peel and slice potatoes. In crockpot arrange alternate layers of potatoes and meat, with potatoes on bottom. Pour soup mixture over. Cover and cook on low for 4 to 6 hours. Turn control to high. Pour cream over all; cover and cook on high for 15 to 20 minutes. Makes 6 servings. Yield: 6 Servings

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65. BEEF POT PIE

2 pounds beef round steak; 1" cubes
3 tablespoons flour
1 teaspoon salt
1/4 teaspoon pepper
2 carrots; pared & sliced
3 potatoes; peeled & sliced
1 large onion; thinly sliced
1 can whole tomatoes; (16 oz)can

Biscuit Topping:
2 cups flour
1 teaspoon salt
3 teaspoons baking powder
1/4 cup shortening
1/4 cup milk

Alternate Topping:
1 can refrigerated biscuits

Cut into 1" cubes place steak cubes in crockpot. Combine flour, salt and pepper, toss with steak to coat thoroughly. Stir in remaining ingredients and mix thoroughly. Cover and cook on LOW setting for 7 to 10 hours. One hour before serving, remove meat and vegetables from crockpot and pour into shallow 2-1/2 quart baking dish. Preheat oven

to 425. Cover meat mixture with biscuit topping. Bake for 20 to 25 minutes.

Biscuit Topping: Mix dry ingredients. Cut in shortening until mixture resembles course cornmeal. Add milk all at one time; stir well. Pat out on floured board; roll out to cover baking dish. NOTE: Refrigerated prepared biscuits could be used to cover the "pot pie" mixture and baked as per directions on the package, or until tender and brown. Yield: 4 Servings

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66. BEEF ROLL-UPS

2 pounds Beef round
1 1/2 pounds Bacon
2 teaspoons Oil
1 package Onion soup mix
2 cups Water
2 teaspoons Cornstarch
1/2 cup Water

Cut round 1/2" thick. Trim separable fat and remove bone. Pound with meat mallet or saucer; slice into strips 1" wide and 4" long. Place bacon slices on steak strips and roll up, securing with small wooden picks. Brown roll-ups slowly in hot oil in large frying-pan. Remove roll-ups to crockpot. Add soup-mix and 2 cups of water to frying-pan and simmer 3 minutes, scraping particles from pan. Pour liquid over roll-ups. Cook until done. Remove roll-ups to warm serving dish. Combine cornstarch and 1/2 cup water, mixing until smooth. Add to liquid from crockpot and simmer, stirring constantly, 3-4 minutes or until thickened. Pour gravy over roll-ups; garnish with parsley and cherry tomatoes. 4 servings.

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67. BEEF SHORT RIBS WITH VEGETABLES

3 pounds beef short ribs;cut in serving-sized pieces
2 teaspoons salt
1 teaspoon Accent
1/8 teaspoon pepper
1/3 cup fat
1 medium onion, thinly sliced
2 cups hot water
1/2 pound green beans
6 medium potatoes, halved
1 teaspoon salt
1/4 teaspoon Accent
1/8 teaspoon pepper
12 stalks celery, cut in 3" pieces

Season meat with salt and pepper and Accent. Heat fat on HIGH in crockpot. Coat meat evenly with fat. Add remaining ingredients; cover. Cook on LOW for 8 1/2-9 1/2 hours. Yield: 6 Servings

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68. BEEF STEW #1

2 pounds stew meat
1/4 cup flour
1 1/2 teaspoons salt
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1/2 teaspoon pepper
1 1/2 cups beef broth
1 teaspoon worcestershire sauce
1 clove garlic, minced
1 bay leaf
1 teaspoon paprika
4 carrots, sliced
3 potatoes, diced
2 onions, chopped
1 stalk celery, sliced
2 teaspoons Kitchen bouquet, optional

Place meat in crockpot. Mix flour, salt and pepper and pour over meat, stir to coat meat with flour. Add remaining ingredients and stir to mix well. Cover and cook on LOW for 10 to 12 hours (or on HIGH for 4 to 6 hours). Stir stew thoroughly before serving. Yield: 4 Servings

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69. BEEF STEW #2

1 1/2 pounds Beef stew meat
5 Potatoes -- bite size pcs
9 Carrots -- sliced
2 Onions -- peel/chop
6 Celery stalks -- cut 1" pieces
1 package Onion soup mix
6 ounces Tomato paste
2 cups Water
1/2 cup Red cooking wine -- optional

Place all ingredients into the crockpot. Set on low heat. Let the mixture cook no less than 8 hours. 12 servings.

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70. BEEF STEW WITH APPLE DUMPLINGS

5 lb Stew beef; 1 1/2" cubes
1/2 c Flour
3 Beef bouillon cubes; crushed
1/2 ts Pepper
2 c Onions; sliced
2 Garlic cloves; minced
1/2 c Beef broth
3/4 c Apple juice
2 tb Vinegar
1 ts Thyme
1 ts Curry

Dumplings:
1 c Applesauce
2 Eggs; well beaten
2 ts Parsley; chopped
2 c Flour
2 ts Baking powder

1 ts Salt

Coat meat with mixture of flour, salt and pepper. Combine meat, onion, garlic, beef broth , apple juice, vinegar, thyme and curry in crockpot. Cover and cook on high 4 to 5 hours; or low 8 to 10 hours. Remove cover and place tablespoons of dumpling batter on top of stew. Cover and cook on high for 20 minutes. To make dumpling batter; blend applesauce with eggs and parsley; add flour, baking powder and salt and beat into egg mixture.

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71. BEEF STEW WITH SHIITAKE MUSHROOMS

12 new potatoes (1 1/2 pounds), cut into fourths
1 medium onion, chopped (1/2 cup)
1 package (8 ounces) baby-cut carrots (about 30)
1 package (3.4 ounces) fresh Shiitake mushrooms, sliced, or 2 cups sliced regular white mushrooms
1 can (16 ounces) whole tomatoes, undrained
1 can (10 1/2 ounces) condensed beef broth
1/2 cup Gold Medal all-purpose flour
1 tablespoon Worcestershire sauce
1 teaspoon salt
1 teaspoon sugar
1 teaspoon dried marjoram leaves
1/4 teaspoon pepper
1 pound beef stew meat, cut into 1/2-inch pieces

Mix all ingredients except beef in 3 1/2- to 4-quart slow cooker. Add beef. Cover and cook on low heat setting 8 to 9 hours or until vegetables and beef are tender. Stir well before serving. 8 servings.

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72. BEEF STROGANOFF

2 pounds beef round steak, trimmed
1/2 pound fresh white mushrooms, sliced
1 bunch scallions, chopped
1 medium onion, sliced
1/4 teaspoon dried thyme leaves
3/4 cup dry sherry
3/4 cup homemade or canned beef broth
3/4 teaspoon dry mustard
1/4 teaspoon garlic pepper
1 1/2 cups sour cream
1/2 cup quick-mixing flour, such as Wondra

Cut the beef into thin slices across the grain. Place in slow cooker. Add the mushrooms, scallions, onion, thyme, sherry, broth, dry mustard, and garlic pepper. Mix well. Cover and cook on the low heat setting about 8 hours, or until the beef is tender, stirring once, if possible. Increase the heat setting to high. Mix together the sour cream and flour until thoroughly blended. Stir a little of the hot liquid from the slow cooker into the sour cream mixture; then stir the sour cream mixture into the slow cooker, mixing well. Cover and cook on high 30 to 40 minutes, or until thickened slightly. Yield: 6 Servings

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73. BEEF TIPS
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1/2 c. Flour
1 tsp. Salt
1/8 tsp. Pepper
4 lbs. Beef or sirloin tips
1/2 c. Chopped green onions
2 c. Sliced mushrooms (4 oz. can, drained) OR... 1/2 lb Mushrooms, sliced
1 can Condensed beef broth (10 1/2 oz.)
1 tsp. Worcestershire sauce
2 tsp. Tomato paste or ketchup
1/4 c. Dry red wine or water
3 T. Flour
Buttered noodles

Combine 1/2 cup flour with the salt and pepper and toss with beef cubes to coat thoroughly. Place in crock-pot. Add green onions and drained mushrooms. Combine with beef broth, Worcestershire sauce and tomato paste or ketchup. Pour over beef and vegetables; stir well. Cover and cook on LOW setting for 7 to 12 hours. One hour before serving, turn to HIGH setting. Make a smooth paste of red wine and 3 tablespoons flour; stir into crock-pot, mixing well. Servings: 8

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74. BEEF VEGETABLE SOUP

1 pound stew beef; trim, bite size
1 can stewed tomatoes; sliced
3 potatoes; peeled, diced
2 carrots; peeled, pennied
1 garlic clove; crushed
3 peppercorns
1 bay leaf
1 celery stalk; chopped
1 small onion; diced
4 cups water
Salt and pepper to taste
1/2 teaspoon thyme
1 teaspoon parsley; chopped
2 beef bouillon cubes
1 tablespoon worcestershire sauce
2 cups frozen mixed vegetables

Place all except frozen vegetables in crock pot. Turn on low and cover, cooking for 6 hours. One half hour before serving, turn up to high, add frozen veggies, stir and cover. NOTES: If you are in a hurry you can do this in 3 1/2 hours on high heat. Remove the bay leaf before serving. You can add 1/2 cup of red wine with the vegetables for a more robust flavor. Yield: 4 Servings

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75. BEEF IN WALNUT SAUCE

4 lb Rump roast; cut in cubes
Seasoned flour
Olive oil
1/2 c Water
1 cn Tomato sauce (8oz)

4 To 6 garlic buds; minced
1/3 c Cider vinegar
1 Whole cinnamon stick
8 Whole cloves
8 Allspice
1 c Ground walnuts
1 tb Lemon juice
Sourdough French bread; sliced, toasted

Dredge meat in seasoned flour. Shake off excess. Heat oil in large frying pan. Brown meat well. Transfer to crockery pot. Pour water into frying pan to loosen drippings. Add to crockery pot with tomato sauce, garlic and vinegar. Place cinnamon stick, cloves, and allspice in a tea ball or cheesecloth. Add to pot. Cover. Cook on LOW 8 to 10 hours, or until very tender. If necessary, cook down pan juices. Add walnuts and lemon juice. Heat to serving temperature. Serve over buttered toast. Makes 12 servings.

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76. BEEFY TOSTADAS

1 pounds ground beef; browned
1 1/2 cups tomato sauce
1 tablespoon chili powder
1 tablespoon picante sauce
4 tablespoons water
6 oz. cheddar cheese; grated
12 tostada shells
Lettuce
Tomatoes
Onion
Picante sauce

Combine first 5 items in crockpot and simmer a few hours. Spoon ¼ cup of this meat mixture onto each warm tostada shell. Top with ½ oz. cheddar cheese. Serve 2 tostada shells on a bed of lettuce with tomatoes and onions and picante sauce. Yield: 6 Servings

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77. BEER CAKE

2/3 c. butter
1 1/2 c. brown sugar
3 eggs
2 1/2 c. flour
1 1/2 tsp. baking powder
1/4 tsp. baking soda
1 tsp. cinnamon
1/4 tsp. nutmeg
1 1/2 c. beer
1 c. chopped walnuts
1 c. raisins

Cream butter and sugar until light and fluffy. Add eggs one at a time mix well. Add flour, soda, baking powder,
cinnamon, nutmeg to creamy mixture alternately with beer. Stir in walnuts and raisins. Pour mixture into

well
buttered and floured cake pan that will fit into crockpot. Cover tin with four or five paper towels. Put into pot. Put
lid on crockpot loosely to allow steam to escape. Cook on high for 3 1/2 hours or until cake is done. Remove pan
from pot and allow cake to cool on wire rack for 15 minutes before removing from pan.

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78. BEER STEAMED SAUSAGES

1 can beer, room temp (any brand or type will do)
Smoked sausage; enough to fill crock pot

Cut each pound of smoked sausage into 4 pieces. Pour the beer in the bottom of the crock pot and pile in the sausage. Cook on HIGH for 2 hours, then switch to LOW until ready to serve. Those who like a strong beer taste will want the pieces on the bottom that actually bathed in the beer. The pieces toward the top of the crock pot will have a more delicate beery tang. During the 2 hours of cooking, the alcohol in the beer will evaporate completely, so the whole family can enjoy these. Yield: 4 Servings

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79. BEST-EVER BARBECUE SAUCE

2 (8 oz) cans tomato sauce
1 lg Onion; finely chopped
1/4 c Cider vinegar
1 Clove garlic; minced
1/3 c Worcestershire
2 ts Chili powder
2 ts Salt
1/2 ts Pepper
1/2 ts Crushed dried red pepper

Combine 1 cup hot water and all ingredients in crockpot. Stir to blend. Cover and cook on LOW for 6 to 8 hours.

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80. BLACK BEAN CHILI

3 c Black beans; raw
1 Onion; chopped
1 cn Diced chilis
1 Chili mix (Carol Shelby's for instance)
8 oz Tomato paste or sauce (or whatever the chili mix calls for)

Soak the beans overnight, drain; add the onion, chilis and the ingredients from the chili mix. Be sure to add anything the chili mix calls for. Throw everything in the crock pot and add enough water just to cover the beans. Cook on low all day. Serve over rice.

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81. BLACK BEANS & RICE

1 1/2 lb Dried black turtle beans
1 lg Bell pepper (diced)
1 Hot pepper (optional)
4 ds Tabasco (optional)
4 lg Onions (diced)
6 cl Garlic (diced)
3/4 c Celery (diced)
1/4 c Parsley (minced)
2 tb Oregano (minced)
2 tb Basil (minced)
2 Bay leaves
1 pn Cloves (2 to 3)
1/2 ts Ground cumin
4 Beef bouillon cubes
2 tb Vinegar (add last)
1 lb Lean bulk pork sausage
1 lb Pork (boneless cubed)
1 lb Stew beef chunks
1/2 lb Ham, smoked (1/2" cubes)
1 1/2 lb Smoked link sausage cut into 1" to 2" lengths
Salt and pepper to taste

Beans: Wash and look for gravel then soak overnight in a bowl being sure beans are well covered with water. For cooking use a large crock pot.

Meats: First, brown bulk sausage in a skillet and pour off excess grease. Add other meats and stir to brown. Add bell pepper, onion, garlic, celery, and spices. Salt and pepper moderately, taste after cooking several hours and add more if needed.

Add beans and soak water. If necessary add more water to cover entire ingredients by at least two inches. Stir in four bouillon cubes. Cover and cook on crock pot high for three hours then turn to low for at least six hours.

I like to use the crock pot and leave it cooking on low overnight. I stir it about twice and sometimes find it necessary to add water. If it gets too thin, take about 1/2 cup of beans and mash with a fork until pasty to add back as a thickener. About an hour before serving stir in vinegar.

I enjoy hot and spicy foods so I like to add the hot pepper (jalapeno, habanero or whatever you like) and Tabasco. If you don't like it hot, then leave them out or serve the Tabasco at the table.

Serve beans and meat over rice. I have found brown rice to be quite tasty but white or yellow rice is fine too. Serve in a soup bowl and top with fresh chopped onion. 12 servings.

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82. BLACK-EYED PEAS & RICE

1 lb Dried black-eyed peas
6 c Water
1/4 lb Salt pork, cut into thick slices
1 Clove garlic, minced
1 ts Salt
1/4 ts Pepper
1/4 ts Oregano
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In slow cooking pot, combine black-eyed peas with water. Soak overnight. Cook soaked beans in water on high for 2 1/2 hours or until tender, but not mushy. Turn control on low. Stir in salt pork, garlic, salt, pepper and oregano. Cover and cook on low 8-10 hours. Drain and serve over rice.

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83. BLACK FOREST POT ROAST

3 1/2 pounds boneless beef chuck or round bone roast
1 onion -- chopped
1/4 cup water
4 dried shiitake mushrooms -- stems removed crumbled and rinsed
1/4 cup ketchup
1/4 cup dry red wine
2 tablespoons Dijon mustard
1 tablespoon Worcestershire sauce
1/2 teaspoon salt
1/8 teaspoon pepper
1 clove garlic -- crushed
2 tablespoons cornstarch
3 tablespoons water

Trim all visible fat from meat; place in a slow cooker. In a small bowl, combine onion, water, mushrooms, ketchup, wine, mustard, Worcestershire sauce, salt, pepper, and garlic. Pour mixture over meat. Cover and cook on Low about 8 hours. Remove meat and slice. Keep meat warm. Turn control to High. Dissolve cornstarch in water; stir into cooker. Cover and cook on High 15 to 20 minutes or until thickened. Serve sauce with meat.

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84. BLUEBERRY MUFFINS

2 c All-Purpose Flour; sifted
3 ts Baking Powder
1 ts Salt
2 tb Granulated Sugar
1 Egg; slightly beaten
1 c Whole Milk
6 tb Butter; melted OR... 6 tb Vegetable Oil
1 c Blueberries; washed/drained
3 tb Granulated Sugar

You will need 6 large or 10 or 12 small pyrex cups. Or you can make it as a bread in a souffle dish. Mix half the recipe unless you have a very large crockpot.

To Cook: Into a medium bowl, sift the flour, baking powder, salt, and 2 tablespoons sugar. Make a well in the center and pour in the egg, milk, and melted butter or oil. Stir together until mixed. Don't beat. Fold in the blueberries mixed with 3 tablespoons sugar. Divide the batter among the well-greased Pyrex cups, filling each only halfway. Place half the cups on a trivet in the bottom of the slow cooker. Set a Pyrex mold or pie plate over the cups to make room for a second layer of cups. Cover the top layer of cups loosely with a plate. Cook on Low 2 1/2 to 3 hours before breakfast time. If using muffin cups as described above, halve the recipe. Makes 12 muffins.

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85. BOILED PEANUTS

1 1/2 quarts green uncooked peanuts
1/2 cup salt
2 1/2 quarts water

Wash peanuts until water runs clear. Put clean peanuts in crockery pot, add salt and water; stir. Cook, covered, on high for 5 to 7 hours. Add additional water during cooking, if necessary, to keep peanuts covered.

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86. BOLOGNESE PASTA SAUCE

1 lb Lean ground beef
1/2 lb Italian sausage; casing removed
1 Onion; chopped
1 cl Garlic; crushed
1 sm Carrot; grated
2 Celery stalks; chopped
1 sm Red or green bell pepper; seeded, chopped
1 cn 28-oz. diced peeled tomatoes
2 cn 6-oz. tomato paste
1 ts Sugar
1 tb Fresh oregano; chopped
1 tb Fresh basil; chopped
1 ts Salt
1/4 ts Pepper
1/2 c Dry red wine
Pasta; cooked
Parmesan cheese; grated, opt

Turn slowcooker on HIGH. Add ground beef and sausage. Cook and stir until meat is broken up into small pieces. Turn pot on LOW. Add remaining ingredients, except pasta and cheese. Cover and cook on LOW 8 to 9 hrs. Spoon over your favorite pasta and sprinkle with Parmesan cheese, if desired.

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87. BOSTON BAKED BEANS

1 pound Dried pea -- great northern Or navy beans
2 medium Onions -- chopped
1/2 Cup Brown sugar
1/4 Cup Molasses
1/3 Cup Catsup
1/4 pound Salt pork or bacon -- diced
1 Teaspoon Salt
1 1/2 Teaspoons Dry mustard
1/4 Teaspoon Pepper

Simmer beans in 6 cups water for 30 minutes. Allow to stand, covered, for 1 1/2 hours or until softened; drain. Put all ingredients into crockpot. Add 1 cup water; stir to blend. Cover pot and cook on LOW for 10 to 12 hours or on HIGH for 5 to 6 hours, stirring occasionally. NOTE: A smoked ham shank or meaty ham bone may be cooked with the beans in place of salt pork. 8 servings.

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88. BOSTON BROWN BREAD

1 c Whole Wheat Flour
1 c Rye Flour
1 c Yellow Cornmeal
2 ts Baking Soda
1 1/2 ts Salt
1/2 c Dark Molasses
1 1/2 c Buttermilk
1 c Seedless Raisins
2 c Hot Water

This is great with baked beans and franks. It's dark and dense, and leftovers make wonderful toast.

To Cook: In a large bowl, combine the whole wheat and rye flour, cornmeal, baking soda, and salt. Make a well in the center and pour in the molasses, buttermilk, and raisins. Stir until all the ingredients are combined. Grease a 2- quart mold, flour it, and fill. The batter should not fill more than 2/3 of the mold. Cover with foil and tie with string. Set the mold on a trivet in the bottom of the crockpot. Pour the hot water into the pot, cover the pot, and cook on High for 3 to 4 hours. The bread is done when the top is dry and recedes from the edge of the mold. Cool the bread on a rack for 10 minutes, then turn out and serve. Makes 1 loaf.

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89. BOURBON BAKED BEANS

4 cans Boston Baked Beans -- (16 oz)
1 16 oz can crushed pineapple -- drained
1 jar chili sauce -- (12 oz)
1/2 cup Strong brewed coffee
1/2 cup Bourbon
1/4 cup Firmly packed brown sugar
1 tablespoon Molasses
3/4 teaspoon Dry mustard

Combine beans and remaining ingredients in a Crock-Pot or other slow cooker. Cover and cook on high 2 hours; uncover and cook to desired consistency. Serve with a slotted spoon. NOTE: To make strong coffee, dissolve 1 teaspoon instant coffee granules in 1/2 cup hot water. 12 servings.

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90. BOURBON BEEF ROAST

4 potatoes, quartered
2 carrots, 3" pcs.
2 stalks celery, 1" pcs.
4-5 pound rolled roast
1 bay leaf
1/2 tsp. basil
4 oz. bourbon
1/4 cup water

Put all in crock in the order listed. Cover and cook on low 10 - 12 hours.
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91. BRACHIOLA

2 pounds boneless round steak; 1/4" thick and pounded
1/2 cup bread crumbs
1/2 cup parmesan cheese
1 clove garlic; minced
1 egg; beaten
1/4 teaspoon pepper
2 hard boiled eggs; sieved
1 1/2 cup meatless spaghetti sauce

Mix together bread crumbs, cheese, garlic, beaten egg, pepper and sieved eggs. Spread over steak. Roll up meat and tie at 1" intervals. Spread 3/4 cup spaghetti sauce in bottom of crockpot. Place meat on sauce and cover with remaining sauce. Cook on low for 6-8 hours . Serve on top of spaghetti. Yield: 6 Servings

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92. BREAD PUDDING

2 Eggs, slightly beaten
2 1/4 c Milk
1 ts Vanilla
1/2 ts Cinnamon
1/4 ts Salt
2 c Bread cubes, 1 inch
1/2 c Brown sugar
1/2 c Raisins or chopped dates

In medium mixing bowl, combine eggs with milk, vanilla, cinnamon, salt, bread, sugar, and raisins or dates. Pour into 1 1/2-qt. baking dish. Place metal trivet or rack in bottom of crockpot. Add 1/2 cup hot water. Set baking dish on trivet. Cover pot; cook on high for about 2 hours. Serve pudding warm or cool.

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93. BREAKFAST CASSEROLE #1

1 32 oz. bag of frozen southern style hash brown potatoes
1 lb. of bacon cut into pieces, fried and drained.
1/2 cup diced onions
1 green pepper diced
3/4 lb. cheddar cheese diced
1 dozen eggs
1 cup milk
1/2 tsp. dry mustard
salt & pepper

Layer the frozen potatoes, bacon, onions, green pepper and cheese in the crockpot in two or three layers. Finish up with cheese. Beat the eggs, milk and mustard, salt & pepper together. Pour over the whole mixture. Cook on low for ten to twelve hours. This served 10 people. I served fresh fruit and toast with it.

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94. BREAKFAST CASSEROLE #2

6 beaten eggs
10 slices of bread (use 5 slices of bread for every three eggs and use two eggs per person)
1 1/2 cups of skim milk
2 cups of grated sharp cheddar cheese
1/2 lbs. sausage
Salt & pepper
yellow mustard

Boil sausage for five minutes in a pan filled with water. Pour off the water (and much of that yucky fat) and brown and crumble the sausage. Drain remaining fat. Spread mustard on one side of the bread and cut bread in ninths. Beat eggs and milk together with salt & pepper to taste. Spray inside of crockpot with nonstick cooking spray. Layer bread, cheese & sausage in crockpot. Pour milk & egg mixture over everything. Cook on low 8-12 hours.

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95. BRISKET DINNER

5 lb Brisket; trimmed
1 Lg Onion; chopped
1 Lg Carrot; chopped
2 ts Salt
1 Bay leaf
1 1/2 ts Thyme
1 c Water
1 lb Small boiling onions; peeled
6 Med Carrots; cut in 1/4-inch

Cut brisket in half or roll to fit into Crock-Pot. Add chopped onion, chopped carrot, bay leaf, thyme, salt and water. Cover and cook on low 8 to 10 hours. When meat is done, lift gently from stock. Support underneath with a spatula and keep warm. Add small onions and carrots to stock in Crock-Pot. Cover and cook on high 1 to 2 hours. Remove vegetables from broth with a slotted spoon and arrange around the meat.

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96. BROCCOLI - CHEESE SOUP

4 cups water
4 Chicken bouillon cubes
1/4 cup chopped onion
2 cups diced potatoes
1 bag frozen, chopped broccoli
2 cans cream of chicken soup
1 pound Velveeta Cheese, cubed

Mix water, bouillon cubes, onions, potatoes, and broccoli in crockpot. Cook on high until broccoli is thawed. Add cream of chicken soup and cheese to mixture. Turn on low and cook for 2 hours. Can add cooked pulled chicken to soup. Serve with warm crusty bread. Servings: 4

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97. BRUNCH CASSEROLE
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1 1/2 pounds ground beef
1 onion, large -- finely chopped
2 tablespoons olive oil or butter
2 garlic cloves, minced
1 can mushrooms, sliced, drained -- 4oz
2 teaspoons salt
1/2 teaspoon nutmeg
1/2 teaspoon oregano, leaf
1/2 package spinach, chopped, frozen - thawed and drained
3 tablespoons flour
6 eggs, beaten
1/4 cup milk, scalded
1/2 cup cheddar cheese, sharp, grated

In skillet, lightly brown ground beef and onion in olive oil; drain well. Place in well-greased crock-pot. Stir in remaining ingredients except eggs, milk and cheese until well blended. Beat eggs and milk together. Pour over other ingredients; stir well. Dust with additional nutmeg. Cover and cook on LOW setting for 7 to 10 hours or until firm. Just before serving, sprinkle with grated cheese. Yield: 7 Servings

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98. BRUNSWICK STEW

2 sl Bacon; diced
3 tb Flour
1 ts Salt
1/2 ts Pepper
1 pinch Cayenne
4 lb Chicken or rabbit; cut up -(with giblets if chicken is -used)
3 Onions; slice thin
4 Tomatoes; chop
1 Red bell pepper; chop
1/2 ts Dried thyme
2 c Fresh lima beans
2 c Corn kernels
1/2 c Okra; slice
2 tb Parsley; chop
1 tb Worcestershire sauce

Cook bacon in its own fat until rendered. Remove the bacon bits and set aside. Combine flour, salt, pepper and cayenne and dredge the rabbit or chicken. Brown the pieces in the rendered fat with the onions. Add 1 1/2 cups boiling water, tomatoes, red pepper and thyme to crockpot with meat. Cover and cook on LOW 6 to 8 hours. Add remaining ingredients including reserved bacon, cover and cook on HIGH 25 minutes or until vegetables are tender. 6 servings

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99. BUCKSHOT BEANS

2 cups dried pinto beans, washed
1 large onion, chopped
2 cloves garlic, minced
1 bay leaf
1/2 pound smoked ham, chopped

2 cups canned chopped tomatoes
1/2 cup chopped bell pepper
2 teaspoons chili powder
2 tablespoons brown sugar
1/2 teaspoons dry mustard
1/4 teaspoon oregano

Cover beans with water and let soak overnight. Drain beans, discarding soaking water. In crock pot, cover beans with fresh water and add remaining ingredients. Cook on LOW for 6-8 hours, until beans are tender. Taste beans, add salt if necessary (don't add salt at the beginning of cooking time - it will make the beans tough!). Yield: 8 Servings

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100. BURGUNDY MEAT LOAF

2 pounds ground beef; or mixture of beef/pork/veal
1 small onion -- chopped
2 eggs
1 cup soft white bread crumbs
1/2 cup parsley -- chopped
1/2 cup dry red Burgundy
1 tablespoon basil -- fresh
1 1/2 teaspoon salt
1/4 teaspoon pepper
5 slices bacon
1 bay leaf
8 ounce can tomato sauce
4 ounce can sliced mushrooms, drained

Combine ground meat, onion, eggs, bread crumbs, parsley, wine, basil, salt and pepper in a large bowl; mix. Crisscross 3 bacon slices on a 12-inch square of aluminum foil; shape meatloaf mixture into a 6-inch round on top of bacon. Top with remaining bacon slices, halved, and bay leaf. Lift foil with loaf into slow cooker; cover. Cook on high 1 hour; turn heat control to low; cook 4 hours longer, or until meatloaf is well-done. Remove loaf from slow cooker by lifting the foil, tilting fat back into the slow cooker. Discard bacon and bay leaf. Serve on heated platter and spoon part of the heated tomato sauce over. Serving suggestion: Serve with buttered noodles and French green beans. Yield: 6 Servings

Note: Beef broth or tomato juice may be substituted for the Burgundy.

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101. BUSY DAY ROAST CHICKEN

6 oz Pkg Stove Top Dressing
1 1/4 c Water
1/4 c Sauterne Wine
12 Carrots; peeled and cut into 2-inch pieces
5 lb Roasting Chicken
Salt and Pepper

Prepare dressing according to package directions with 1 1/4 cup water, set aside to cool. When cool, stir in sauterne. Meanwhile, in a saucepan, cook carrots in small amount of water for 5 minutes. Drain and place in crockpot. Rinse and dry chicken; stuff with the dressing. Place on top of carrots in pot. Sprinkle with salt and pepper. Cover pot and cook on low for 6 to 8 hours or until chicken is tender. If a browner chicken

is preferred, place in baking pan in 400 degree oven for about 15 minutes. Slice chicken; serve with carrots. Makes 6 to 7 servings.

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102. BUTTERNUT SQUASH WITH APPLES

5 pounds Butternut squash
4 Baking apples
1/2 cup Butter -- melted
1 cup Brown sugar -- packed
2 tablespoons Flour
2 teaspoons Salt
1 teaspoon Mace

Cut squash in half, remove seeds and fibers; pare and cut in 1/2 inch slices. Pare and core apples; cut in 1/2 inch slices. Combine the melted butter, sugar, flour, salt and mace. Layer one half the squash in the bottom of crockpot; top with one half the apple slices and one half the sugar mixture. Repeat layers. Cover and cook on low 6-7 hours or high 3 1/2 hours. 12 servings.

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103. CABBAGE CROWN

1 pound Ground beef
1/3 cup Flour
1 1/2 teaspoons Salt
1/4 teaspoon Pepper
1 Egg
1 cup Milk
2 tablespoons Onion -- grated
1 large Cabbage
1 cup Boiling water

Combine ground beef, flour, salt, pepper, and egg in the large bowl of an electric mixer; beat at medium speed until blended, then gradually beat in milk, a tablespoon at a time, until smooth and paste-like; stir in onion. Trim off outside leaves of cabbage. Cut off a slice about an inch thick from core end; set aside. Cut core from cabbage with a sharp knife, then hollow out cabbage to make a shell about 1/2 inch thick. (Chop cut out pieces coarsely and cook as a vegetable for another day). Spoon meat mixture into shell; fit cut slice back into place; tie tightly with soft kitchen string. Place stuffed cabbage, core end down, in slow cooker; add boiling water to cooker. Cook on low for 8 hours or on high for 4 hours, or until cabbage is tender; remove; keep warm. Turn heat control to high. Combine 3 tablespoons flour and 1/3 cup cold water in a cup; pour into liquid in slow cooker; cover; cook 15 minutes. Season to taste with salt and pepper; darken with a few drops of bottled gravy coloring. Place stuffed cabbage on a heated serving platter; remove string. Pour gravy into a separate bowl. Cut cabbage into wedges; spoon gravy over. Serves 6.

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104. CABBAGE ROLLS

12 lg. cabbage leaves
1 lb. lean ground beef or lamb
1/2 c. cooked rice
1 (6 oz.) can tomato paste
3/4 c. water
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1/2 tsp. salt
1/8 tsp. pepper
1/4 tsp. leaf thyme
1/4 tsp. nutmeg
1/4 tsp. cinnamon

Wash cabbage leaves. Boil 4 cups water. Turn off heat. Soak leaves in water for 5 minutes. Remove, drain and cool. Combine ground meat; rice, salt, pepper, thyme, nutmeg and cinnamon. Place 2 tablespoons meat mixture on each leaf and roll firmly. Stack in electric slow cooker. Combine tomato paste and water; pour over stuffed cabbage. Cover. Cook on low setting for 8-10 hours.

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105. CAFE CHICKEN

2 chickens, about 2-1/2 pound, cut into eighths
1 onion, chopped
2 cloves garlic, chopped
Salt & white pepper to taste
1 green pepper, diced
1 medium very ripe tomato, peeled, seeded and chopped
1 cup dry white wine
Pinch of cayenne pepper

Combine all ingredients in slow-cooker. Cover pot and set at Low. Cook for 6 to 8 hours, or until chicken is tender. Yield: 7 Servings

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106. CAJUN RIBS

1 1/2 lb Pork Ribs
1 cn Carrots
1 t Garlic, pressed
1/4 ts Pepper
Barbecue Sauce

Put ribs in crockpot. Drain carrots and put on top of ribs. Add spices and pour barbecue sauce on top. Set crockpot on Low and let cook all day.

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107. CARAMEL APPLES

2 14 oz packages Caramels
1/4 cup Water
8 md Apples

In crockpot, combine caramels and water. Cover and cook on high for about 90 minutes, stir frequently. Wash and dry apples. Insert stick into the stem end of each apple. Turn control on low. Dip apple into hot caramel and turn to coat entire surface. Holding apple above pot, scrape off excess caramel from bottom apple. Place on greased wax paper to cool.

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108. CARAMEL APPLE SAUCE

2 med Cooking apples
1/2 c Apple juice
7 oz Caramel candy squares
1 ts Vanilla
1/8 ts Ground cardamom
1/2 ts Ground cinnamon
1/3 c Cream-style peanut butter
7 slices Angel-food cake AND/OR... 1 qt Vanilla ice cream

Peel, core, and cut each apple into 18 wedges; set aside. Combine apple juice, unwrapped caramel candies, vanilla, cardamom and cinnamon. Drop peanut butter 1 teaspoon at a time, over ingredients in crockpot. Stir. Add apple wedges; cover and cook on LOW for 5 hours. Stir thoroughly; cover and cook on LOW 1 additional hour. Serve approximately 1/3 cup of warm mixture over a slice of angel food cake or ice cream. Serves 7.

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109. CARAMEL CUSTARD
A custard dessert to serve with caramel sauce. Make it a day ahead so it can be chilled or bake it overnight in your slow cooker and chill it until dinner.

4 md Eggs
1 ts Vanilla
3 1/2 c Whole Milk
4 1/2 c Granulated Sugar
1/2 c Boiling Water

Beat the eggs with an electric beater until thick. Add the vanilla and beat until lemon colored. Add the milk and 2 1/2 cups of the sugar; with the beater on low, combine well. Butter a 2-quart mold. In a heavy medium- sized skillet melt the remaining 2 cups of sugar over a very low heat. When it begins to bubble and turn brown, stir to combine all the sugar in the skillet. When the caramelizing sugar is a medium brown, pour half the caramel into the bottom of the mold. Into the other half of the caramelized sugar in the skillet, pour 1/2 cup of boiling water. Stir over low heat until the mixture bubbles; allow it to cool, then chill for use as sauce. Pour the egg and milk mixture into the mold. Pour 2 cups of hot water into the slow cooker and place the mold on a trivet or rack in the bottom. Cover the pot, but prop the lid open a fraction with a toothpick or a twist of foil to allow excess steam to escape. Cook on High for 2 to 4 hours or until a silver knife inserted in the center of the custard comes out clean. Chill, covered, in the refrigerator, then unmold and serve with caramel sauce over the top. Makes 6 to 8 servings.

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110. CARAMEL NUT ROLLS

2 packages refrigerator biscuits - (8 oz ea)
1/4 cup melted butter or margarine
1/2 cup brown sugar
1/4 cup chopped nuts
cinnamon

Mix brown sugar and nuts together. Dip each refrigerator biscuit in melted butter, then brown sugar and nuts. Place in Bread and Cake pan or a 3 pound coffee can. Sprinkle each layer of biscuits with cinnamon. If using coffee can, cover with several layers of paper towels. Cook on HIGH for 3 to 4 hours. No peeking! You can check bread after 2 hours. You can use yeast rolls -- frozen, unbaked -- which may be thawed and

substituted for the refrigerator biscuits. Fill your can and pan with 16 ounces of dipped rolls and let rise for 30 minutes before baking. Bake as directed for 3 to 4 hours.

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111. CARAMEL PIE

If you don't own a 1 quart electric slow cooker, borrow one and make this recipe. But don't try this in a 4 or 5 quart electric slow cooker-the caramel might burn.

2 (14 oz) cans sweetened condensed milk
1 (9 inch) graham cracker crust
1 (8 oz) container frozen whipped topping, thawed
1 (1.4 oz) English toffee candy bar, coarsely chopped

Cover and cook 6 to 7 hours or until mixture is the color of peanut butter, stirring mixture with a wire whisk every 30 minutes. Pour into graham cracker crust; cool. Spread whipped topping over top, and sprinkle with chopped candy bar. Cover and chill. Yield: 1 pie.

NOTE: A 1 quart slow cooker has not LOW or HIGH setting, only OFF or ON setting.

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112. CHALUPAS WITH CHIPOTLE CHILES

1 3 lb pork loin roast
1 teaspoon salt pepper -- to taste
3 cloves garlic -- sliced
1 16 oz pkg dried pinto beans -- soaked several hrs
1 teaspoon oregano
1 teaspoon ground cumin
1 tablespoon chili powder
1 7 ounce can chopped green chiles -- drained
2 to 3 chipotle peppers -- en adobo, minced

Rub roast with salt and pepper. Cut small slits in roast; insert garlic slices. Place on rack in broiler pan. Broil for 15 minutes. Place roast in slow cooker. Rinse pinto beans; drain. Add to slow cooker. Add oregano, cumin, chili powder, green chiles and enough water to cover. Cook, covered, on low for 8 or 9 hours, stirring occasionally. Add the chipotles. Cook, uncovered, for 1 hour longer. Skim off fat; discard bones. Serve on a bed of corn chips with shredded cheese, chopped green onions, tomatoes, cucumbers, lettuce, avocado, salsa and sour cream. Add a can of diced tomatoes or Rotel to leftovers and serve over rice. Delicious! Serves 12.

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113. CHEESY BEEF DIP

1 lb lean ground beef
3 cups grated Monterey Jack
4 oz (can) chopped green chilis
2 tsp Worcestershire sauce
1 cup medium or hot salsa
1/2 tsp chili powder
1/2 tsp onion powder
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Brown beef, drain and mash to break up. Put into crock. Add other ingredients. Stir & cover. Cook on LOW for 1-3/4 to 2 hours, stirring occasionally, until warm. Serve with tacos, corn chips or pita strips. Makes 4 cups.

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114. CHEESY CHICKEN & VEGETABLES

Layer in crock pot in order given:
1/3 c. diced canadian bacon or ham
2-3 carrots, sliced or chopped
2-3 celery ribs, sliced or chopped
1 small onion, sliced or chopped
2 cans mushrooms or 1/4 lb fresh, sliced
1 can green beans, drained very well
1/4 c. water

Put on top of veggies, largest pieces first:
2-3 lbs. chicken, cut up.

Mix together and sprinkle over chicken pieces:
2 tsp. chicken bouillon granules
1 Tbs. chopped fresh parsley
3/4 tsp. poultry seasoning

Mix together and drop on top of chicken (DO NOT STIR):
1 can condensed cheddar cheese soup
1 Tbs. flour
1/4 c. parmesan cheese

Cover and cook on high 3-4 hours, or low 6-8 hours. Make noodles OR rice OR mashed potatoes to serve over. This is a very versatile dish, use more/less/different veggies (I often clean out the fridge into the crockpot for this) and if the sauce is too thin you can thicken with a little cornstarch or parmesan cheese before serving. Servings: 6

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115. CHEESY HAM & POTATOES

8 slices ham
10 potatoes -- peeled and thinly sliced
salt and freshly ground pepper -- to taste
1 cup grated Cheddar cheese
2 10 3/4 ounce cream of mushroom or celery soup
paprika

Put half of ham, potatoes, and onions in crockpot. Sprinkle with salt and pepper, then grated cheese. Repeat with remaining half. Spoon undiluted soup over top. Sprinkle with paprika. Cover and cook on low 8-10 hours or on high 4 hours. 8 servings.

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116. CHEESY MEATLOAF

20 cheese Ritz crackers
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1 small onion, finely chopped
2 tablespoons green pepper; minced
1/4 cup chili sauce
1/2 cup milk
2 eggs, lightly beaten
3/4 teaspoon salt
1/8 teaspoon pepper
1 1/2 pounds ground beef; lean

Crush the crackers. In a mixing bowl, combine all the ingredients. Form the mixture into a round loaf that will fit into the crockpot. Place in the pot and cover. Cook on LOW for 7 to 8 hours. Yield: 6 Servings

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117. CHERRY COBBLER

1 16-oz can cherry pie filling--we use lite
1 pkg. cake mix for 1 layer cake or sweet muffin mix
1 egg
3 T. evaporated milk
1/2 tsp. cinnamon
1/2 c. chopped nuts...optional

Put pie filling in lightly buttered 3 & 1/2 quart crock pot and cook on high for 30 minutes. Mix together the remaining ingredients and spoon onto the hot pie filling. Cover and cook for 2-3 hours on LOW. You may also use a
lightly greased souffle dish in a larger crock pot.

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118. CHERRY POUND CAKE

1 pk Pound Cake Mix -- (16 oz)
2/3 c Water
2 Whole Eggs
20 To 30 Maraschino Cherries drained
3 tb All-Purpose Flour

Turn the cake mix, water, and eggs into a large mixing bowl and beat with an electric beater on low. In a small bowl, combine the maraschino cherries with the flour. Toss the cherries well in the flour so that all the moisture on the cherries is absorbed. Pour the batter into a greased and floured 2-quart mold or spring-form pan, Drop the cherries into the batter from high enough up so they sink into it. (This maneuver keeps all the cherries, which are heavier than the batter, from sinking to the bottom of the cake.) Place the pan in the slow cooker and cover with a loosely fitting plate. Cover the pot, but prop the lid open a fraction with a toothpick or a twist of foil to let excess steam escape. Cook on High for 2 1/2 to 3 1/2 hours. When a toothpick inserted in the center of the cake comes out clean, the cake is done. Cool the cake on a rack for 10 to 15 minutes before you turn it out of the pan. Let it cool thoroughly before serving. Makes 10 to 12 servings.

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119. CHEX MIX

2 cups Cheerios
3 cups Rice Chex
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2 cups Shredded Wheat
1 cup peanuts, pecans, or cashews
1 cup thin pretzel sticks
1/2 cup butter -- melted
4 tablespoons Worcestershire sauce
1 Dash Tabasco sauce
1/2 teaspoon seasoned salt
1/2 teaspoon garlic salt
1/2 teaspoon onion salt

Combine cereals, nuts, and pretzels in Crock-Pot. Mix melted butter with all remaining ingredients; pour over cereal mixture in Crock-Pot and toss lightly to coat. DO NOT COVER CROCK-POT. Cook on High setting for 2 hours, stirring well every 30 minutes; then turn to Low setting for 2 to 6 hours. Store in airtight container.

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120. CHICKEN ALA KING

1 small onion
3 pkg chicken gravy mix to which you add 3 cups of water
1 can peas
2 cans sliced mushrooms
1 cup sliced baby carrots
6 chicken breasts, fully cooked and diced in large chunks

Mix the gravy and vegetables in the crockpot. Remove half of the veggies and put in a freezer bag. The next time, just thaw and add to gravy. Now cook for about 1 hour on high. Add chicken, turn to low and cook for 4 more hours or more. Serve over biscuits, mashed potatoes or bread. It served 6 at my house with enough left over for another meal!

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121. CHICKEN & ARTICHOKE CASSEROLE

3 pounds boiler-fryer -- (approx.) cut up to taste
1/2 teaspoon
White pepper
1/2 teaspoon
Paprika
1 tablespoon Butter/margarine
1/2 cup chicken broth
3 tablespoons Sherry
1/2 teaspoon
Dried tarragon
1 can Mushrooms
2 tablespoons quick-cooking -- (heaping) tapioca
2 Jars marinated artichoke -- hearts -- reserve 1 T. the marinade

Wash chicken. Pat dry with paper towels. Season with salt, white pepper, and paprika. Using a large frying pan, brown chicken in 1 T. butter. Place mushrooms and drained artichoke hearts in bottom of crockpot. Sprinkle with quick-cooking tapioca. Add the browned chicken pieces. Pour in broth and sherry. Add tarragon. Cover crockpot and turn to Low heat setting. Cook for 7-8 hours. OR cook on High for 5 hours. If you don't want to brown the chicken first, it's o.k.

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122. CHICKEN & BEEF STEW

1/4 c. Steak sauce
2 Chicken bouillon cubes
1 tsp. Salt
1/2 tsp. Pepper
1 tsp. Sugar
1/2 c. Hot water
2 To 3 lb. chicken thighs
1 lb. Lean stewing beef; 1-1/2" cubes
1 med Onion; chop
2 med Potatoes; peel, cube
2 med Carrots; peel, slice thin
16 oz Can stewed tomatoes
1/4 c Flour

Combine steak sauce, bouillon cubes, salt, pepper, sugar and hot water in crock pot; stir well. Add remaining ingredients except flour; mix carefully. Cover and cook on LOW setting for 7 to 10 hours; on high setting for 4 hours. Before serving, remove chicken and bone, and return meat to crock pot; stir well. To thicken gravy, make a smooth paste of flour and ¼ cup of juices from stew. Add to in crockpot. Cover and cook on HIGH setting until thickened. Serves 6 to 8.

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123. CHICKEN & BROCCOLI QUICHE

2 tbls. canola oil
2 lbs. chicken breasts, boneless and skinless
1 (10-oz.) pkg. frozen chopped broccoli
3/4 cup flour
3/4 tsp. baking powder
1/2 tsp. salt (optional)
1 cup evaporated milk
2 eggs, beaten
1 cup shredded low-fat
Cheddar cheese
2 tbls. onion, chopped
2 tsps. dried parsley flakes

Coat slow cooker with canola oil. Place chicken and broccoli in cooker and cook on low for 5-8 hours or on high for 3-4 hours, or until fork tender. In separate bowl, stir together flour, baking powder, salt, milk, and eggs. Fold in cheese, onion and parsley. Pour mixture over chicken and cook 1 hour on high. Serves 6.

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124. CHICKEN CACCIATORE

2 medium onions, sliced thin
3 pounds chicken, cut up
2 cloves garlic, minced
1 can tomatoes, 16 oz
1 teaspoon salt
1/4 teaspoon pepper
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1 1/2 teaspoon dried oregano, crushed
1/2 teaspoon dried basil, crushed
1 bay leaf
1/4 cup dry white wine
Cooked spaghetti

Place onions in slow cooker. On top of onions place chicken pieces, garlic, tomatoes, tomato sauce, salt, pepper, herbs and wine. Cover pot. Cook on low 6 to 8 hours, or high 3 to 4 hours. Serve chicken with its sauce on spaghetti which you have prepared. Yield: 4 Servings

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125. CHICKEN CASSANDRA

3 lb Chicken fryer, cut into serving size pieces
1/3 c Italian salad dressing
1 1/2 c Raw rice; long-grain
2 c (16 oz) Stewed tomatoes; chopped
1/2 c Dry white wine
1 ts Italian seasoning
1/8 ts Celery seed
1 1/2 ts Salt
1 pk Brussels sprouts; frozen - rinsed and broken apart

Rinse chicken pieces and pat dry. In skillet, saute chicken in Italian salad dressing over medium heat. Mix rice, tomatoes, wine, seasonings and brussels sprouts in crock-pot. Top with chicken. Cover and cook on LOW setting for 4 to 6 hours. 8 servings (about 3 quarts).

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126. CHICKEN & CHEDDAR SAUCE

2 lb Chicken
2 tb Butter or margarine
1/2 c Ham strips
10 3/4 oz Cream of cheddar soup
1 Tomato, chopped
2 Onions, chopped
1/4 ts Basil

Brown chicken in butter and remove to crockpot. Brown ham and combine remaining ingredients. Pour over chicken and ham in crockpot. Cover and cook on low 7 to 9 hours until chicken is tender.

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127. CHICKEN & CHERRIES JUBILEE

3 lb Chicken breasts
2 tb Butter
Salt and pepper
1 can Bing cherries; pitted (1 lb)
1 c Chili sauce
2 Chicken bouillon cubes OR... 2 ts Chicken stock base
1/4 c Pale dry sherry
2 tb Cornstarch
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2 tb Water
3 tb Brandy OR... Cognac; warmed

Wash chicken. Pat dry with paper towels. Melt butter in a large frying pan. Brown chicken on all sides. Transfer to crockery pot. Season with salt and pepper. Pour 1/2 cup cherry juice into frying pan. Stir to loosen drippings. Pour over chicken. Add chili sauce and bouillon cubes. Cover. Cook on LOW 6 to 8 hours; or until tender. Remove chicken from pot and keep warm. Pour juices into saucepan. Skim fat. Boil until slightly reduced. Add sherry and remaining cherry juice. Combine cornstarch and water. Stir into juice mixture. Cook until thickened. Add cherries and heat. Arrange chicken on warm platter. FOR A DRAMATIC PARTY DISH, FLAME CHICKEN & CHERRIES AT THE TABLE! Ignite warmed brandy and flame sauce. Spoon flaming sauce over chicken. Makes 10 to 12 servings.

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128. CHICKEN - CHILI CASSEROLE

2 tablespoons oil
2 pounds chicken
1 onion, large, chopped
2 garlic cloves, crushed
10 ounces corn, frozen
2 1/4 ounces black olives, sliced
1 ounce green chilies, diced
1/4 teaspoon red pepper flakes
4 bell peppers, large
1 cup monterey jack cheese, 1/2" cubes

Cube chicken, then brown in oil. Add onions and garlic and cook till soft. Turn off heat; mix in corn, olives, chilies, and pepper flakes. Remove tops from bell peppers, then slice in half lengthwise, remove seeds and membranes, and arrange around edge of crockpot. Add cheese to chicken mixture and move immediately to crockpot. Cook until done.
Or bake at 350 degrees for 45 minutes in casserole. Yield: 6 Servings

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129. CHICKEN CORDON BLEU

3 Chicken breasts -- (skinned and boned)
3 Swiss cheese slices -- halved
3 Ham slices -- halved
2 tablespoons Margarine
1 can Cndsd Cream of Mushroom soup
3 tablespoons Milk
1 tablespoon Sherry (optional)
1/4 teaspoon Seasoned pepper

Flatten chicken breasts with wooden mallet. Cover each half breast with a slice of cheese and ham (thinly sliced ham). Secure with toothpicks. In skillet, brown chicken in hot margarine. Arrange in crockpot. Combine soup and remaining ingredients and pout over chicken. Cover pot and cook on low for 4-5 hours. Serve on watercress if desired. 4 servings.

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130. CHICKEN & CORNMEAL DUMPLINGS
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9 oz Pk frozen cut green beans; -thaw
2 c Cooked chicken; cube
2 c Potatoes; dice
13 3/4 oz Can chicken broth
12 oz Vegetable juice cocktail
1 ts Chili powder
6 dr Bottled hot pepper sauce
1/3 c Yellow cornmeal
2 tb Parsley; snip
1/2 c Celery; chop
1/2 c Onion; chop
1/2 ts Salt
1 1/4 c Packaged biscuit mix
1 c Sharp American cheese; shred
2/3 c Milk

Transfer beans to crockpot. Add chicken, potatoes, chicken broth, vegetable juice, celery, onion, chili powder, salt and hot pepper sauce, mixed together. Cover. Cook on LOW for 4 hours. Turn to HIGH and heat until bubbly. Add water at this point if needed. Combine biscuit mix, cornmeal, 1/2 cup cheese and parsley. Add milk and stir until just moistened. Drop by tablespoons onto stew; cover. Cook 2 1/2 hours more (don't lift cover). Sprinkle dumplings with rest of cheese.

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131. CHICKEN DIVAN

3 cups cooked chicken, cut up
1/2 small onion, chopped
10 3/4 oz can cream of chicken soup
1/2 cup mayonnaise
3 tablespoons flour
2 stalks celery, sliced thin
10 ounces broccoli cut in 1" pieces
1/2 teaspoon curry powder
1 tablespoon lemon juice
Hot buttered noodles

Combine all ingredients except the noodles in a bowl. Lightly grease the interior of the crockpot. Pour the mixture into the pot and cover. Cook on low for 7 to 9 hours. Serve on hot buttered noodles with the sauce spooned over. Yield: 4 Servings

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132. CHICKEN & DRESSING

1/4 lb Butter
1 c Onions; chop
1 c Celery; chop
1 Pan cornbread; crumble
6 sl Bread; crumble
1/4 lb Crackers; crumble
2 ts Thyme, sage or poultry -seasoning
4 c Chicken broth
14 oz Can chicken broth
4 Eggs; beaten

1/2 c Milk
1/2 ts Baking powder
3 To 4 c chicken

Boil hen or large fryer for your broth and chicken. Saute onions and celery in butter. Pour this mixture over bread crumbs in a very large mixing bowl. Add seasonings and toss together. Pour enough broth into mixture to moisten. Add beaten eggs and mix together well. Add baking powder, milk, and remaining broth. Mixture should be very slushy. (Pouring point). Add chicken. Pack tightly into a 5 quart crockpot. Cover and cook on HIGH for 4 hours. Reduce to LOW and cook 4 to 8 hours.

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133. CHICKEN & DUMPLINGS

4 T. butter
1 T. vegetable oil
1 onion -- chopped
3 lbs. your favorite chicken parts -- cut up
2 c. chicken broth
2 stalks celery
1 T. minced parsley
2 carrots -- peeled, sliced
1 tsp. black pepper
Salt to taste
1/2 tsp. ground allspice
1 c. dry white wine (optional but really adds a nice taste)
1 can refrigerated biscuits
1/2 c. heavy cream
2 T. flour

In a large skillet, brown onion in butter and oil just until tender, then brown chicken parts and place all in a 6-quart crockpot. Add remaining ingredients except heavy cream, flour and biscuits. Cook on high 2-1/2 to 3 hours, or on low 5 to 7 hours. When chicken is done, remove pieces to plate and let cool, then debone. While chicken is cooling, mix flour and cream together, then stir into crockpot. Open biscuits and cut each biscuit into 4 pieces. Drop into crockpot and turn on high. These will need to cook about 30 minutes, until they are firm. Return chicken meat to crockpot after deboning and serve. You can use your own homemade biscuit recipe for canned if you prefer. Serves: 6

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134. CHICKEN FETTUCCINE

2 chicken breasts; halved
2 tablespoons olive oil
1/4 cup green onions; chopped
1 teaspoon garlic; minced
14 1/2 oz canned tomatoes; drained and chopped
1 tablespoon basil
1 cup heavy cream
2 egg yolks
3/4 cup Parmesan cheese
8 oz fettuccine
1 cup peas (frozen); thawed
1 1/2 c mushrooms (fresh); sliced

In skillet, brown chicken breasts in olive oil. Place chicken in crock- pot. Add green onions, garlic, tomatoes, and basil. Cover and cook on Low 7 to 9 hours. Remove chicken and cut into pieces. Return chicken pieces to pot. Stir in cream, egg yolks, and Parmesan cheese. Cover and cook on high 30 minutes to thicken. While sauce is thickening, cook fettuccine according to package directions; drain. Add fettuccine, peas and mushrooms. Cover and cook on high 30 to 60 minutes. Yield: 4 Servings

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135. CHICKEN FRICASSEE

4-5 pound stewing chicken, cut into serving pieces
2 teaspoon salt
1 teaspoon paprika
2 medium onions, sliced
3 stalks celery, sliced
2 carrots, pared and sliced
1 bay leaf
1 cup chicken broth
1/2 cup flour
1/2 cup water
1 package (10 oz.) noodles, cooked and drained
Chopped parsley

Rinse chicken pieces and pat dry. Season with salt and paprika. Place sliced vegetables and bay leaf in crock-pot. Place chicken on top of vegetables. Pour in chicken broth. Cover and cook on LOW setting for 7 to 12 hours. One hour before serving; turn to HIGH setting. Remove chicken pieces; bone and return meat to the crock pot. Make a smooth paste of flour and water and stir into liquid in crock-pot. Cover and cook until thickened. Serve over hot noodles; sprinkle with chopped parsley. Yield: 6 Servings

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136. CHICKEN & GRAVY

1 chicken (3 pounds)
1 can cream of mushroom soup
1 can (4 oz) mushrooms
1/4 cup white wine (or water)

Season chicken with salt and pepper to taste. Place in crockpot. Mix wine and soup and pour over chicken. Pour mushrooms over top of chicken and cook on low 7-9 hours or on high for 3-4 hours. Sliced onions may be added for a different flavor. Yield: 4 Servings

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137. CHICKEN & HERB DUMPLINGS

3 lb Chicken
Salt and pepper
2 Cloves garlic, minced
1/4 ts Powdered marjoram
1/4 ts Powdered thyme
1 Bay leaf
1/2 c Dry white wine (optional)
1 c Dairy sour cream
1 c Packaged biscuit mix
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1 tb Chopped parsley
6 tb Milk
10 Small white onions

Sprinkle chicken with salt and pepper, place in crockpot. Insert cloves in one onion. Put all onions into pot. Add garlic, marjoram, thyme, bay leaf and wine. Cover and cook on low 5 to 6 hours. Remove bay leaf and cloves. Stir in sour cream. Increase heat to high and combine biscuit mix with parsley. Stir milk into biscuit mix until well moistened. Drop dumplings from teaspoon around edge of pot. Cover and cook on high for 30 minutes.

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138. CHICKEN LIVERS

1 pound chicken livers
1/2 cup flour
1 teaspoon salt
1/4 teaspoon pepper
3 slices bacon, diced
3 green onions with tops, chopped
1 cup chicken bouillon
10-ounce can golden mushroom soup
4-ounce can sliced mushrooms
1/4 cup dry white wine or chicken broth

Cut chicken livers into bite-size pieces, toss with flour, salt and pepper. Fry bacon pieces in large skillet, remove when brown. Add flour-coated chicken livers and green onion to bacon grease in skillet, saute until lightly browned. Pour chicken bouillon into skillet and stir into drippings. Pour all into Crock-Pot. Add browned bacon bits and all remaining ingredients. Cover and cook on Low for 4-6 hours. Serve over rice, toast or buttered noodles. Servings: 4

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139. CHICKEN & NOODLES

2 lbs. Chicken breasts or thighs
1/4 c. White wine
1 can Cream of mushroom soup
1 c. Sour cream
1/4 c. Flour
Cooked noodles

Place chicken in crockpot. Mix wine and soup and pour over chicken. Cover and cook on LOW 7-9 hours or HIGH
3-4 hours. Before serving, mix sour cream and flour; stir mixture into chicken and gravy. Heat for 30 minutes on LOW. Serve chicken and gravy over hot cooked noodles. Servings: 6

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140. CHICKEN NOODLE SOUP

1 - 16 oz can tomatoes, cut up
1 1/2 cups diced cooked chicken
1/2 cup sliced carrot
1/2 cup sliced celery
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1 - 3 oz. can sliced mushrooms, drained
3 teaspoons instant chicken bouillon granules
1 bay leaf
1/4 teaspoon dried thyme, crushed
5 cups water
1 cup cooked medium noodles

In crockpot combine undrained tomatoes, chicken, carrots, celery, mushrooms, bouillon, bay leaf, & thyme. Stir in water. Cover & cook on low for 6-8 hours. Turn to high setting; stir in cooked noodles. Cover; heat through, about 10 minutes. Remove bay leaf. Serves 5-6

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141. CHICKEN NOODLE SOUP - NEW ORLEANS STYLE

1 lg Whole fryer
1 c Diced onions
1/2 c Diced celery
1/2 c Minced parsley
4 Cloves minced garlic
1 c Chopped carrots
3 Bay leaves
1 ts Poultry seasoning
4 qt water
12 oz Broad egg noodles
2 tb Butter
1 c Sliced onion rings
1 c Sliced mushrooms
1 c Diced carrots
1/4 c Cream sherry
Tabasco sauce to taste
salt and pepper to taste
green onions for garnish

First, take the chicken and wash it thoroughly - that means both inside and out! Remove the giblets, scrub out the internal cavity under cold running water, and scrape away anything that doesn't look edible. (But DO NOT remove the chicken skin or any of the fat! You need the skin to make a rich stock.) Next, take a crock pot and place the chicken and giblets into it. Then drop in the diced onions, the 1/2 c of celery, the 1/2 c of minced parsley, the garlic, chopped carrots and bay leaves, poultry seasoning and * 2 * quarts of water. Then, with a spoon, evenly distribute the seasoning mixture around the chicken, turn the crock pot to high, and cook for at least six hours (or better still, OVERNIGHT). Remember, the longer you cook, the richer the base stock and the more tender the chicken.

While the chicken is slow-cooking, it's a good time to prepare your noodles. Go ahead and boil them according to package directions... but DO NOT COOK THEM UNTIL DONE! Keep in mind that you're going to drop them into a soup, so you want them el dente (firm), otherwise they'll turn to pure mush by the time you eat them. Furthermore, you want a small percent of the starch in the noodles to cook into the soup to thicken it slightly - if you cook the noodles all the way, the soup's consistency will be flat and thin. After the noodles are cooked, butter them slightly and set them aside.

When the chicken is tender, take a set of tongs or a strainer spoon, remove it from the crock pot (it may tend to fall apart, but that's okay), and set it on a platter to cool. At this point, strain out all the seasoning vegetables from the stock, place the stock into a metal bowl, and place the bowl into the refrigerator or freezer until the chicken fat congeals (which should take about 1 hour). Meanwhile, pick the chicken off the bones and, with a sharp knife, chop it into bit-sized pieces.
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Then, in a heavy 12-inch skillet, melt the butter and saute the sliced onions, mushrooms, and carrots until they're tender. Then drop in the chopped chicken meat. And over medium-low heat, cook it into the vegetables for about 10 minutes. While the chicken and vegetables are sauteing, remove the chicken stock from the refrigerator, skim off all the fat, and place the skimmed stock into a soup pot, along with the remaining 2 quarts of water. At this point, you should season the soup stock to taste with salt and pepper. Now drop in the sauteed chicken, mushrooms, onion rings and diced carrots - along with the sherry and the Tabasco, and as soon as it comes to a boil, reduce the heat to low and simmer the soup for about 30 minutes to allow all the flavors to thoroughly blend. When you're ready to eat, ladle out heaping helpings of the piping hot soup into bowls, garnish with a sprinkling of thinly sliced green onions, and serve with crunch saltines.

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142. CHICKEN NORMANDY

6 lb Chicken parts
4 T Butter
1/4 c Brandy OR... cognac
1 Medium onion, sliced
1 t Salt
1/4 t Pepper
1/4 t Basil
1 Clove garlic, pressed
2 Medium apples, cored and sliced
1/4 c Apple juice
1 T Flour
1/2 c Heavy cream
1/4 c Snipped fresh parsley

Melt butter in a skillet and brown onion, garlic and chicken. Pour brandy over chicken and set aflame. When flames die down, remove chicken, onions and garlic to crock pot. Add remaining ingredients except flour, cream and parsley. Cover and cook on high, 3-4 hours or low, 5 hours. Before serving remove chicken. Blend flour and cream together. Stir into juice left in crock pot until sauce thickens. Serve over buttered noodles.

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143. CHICKEN PARISIENNE

6 medium chicken breasts
10 1/2 oz cream of mushroom soup
Salt and Pepper
Paprika
4 oz. sliced mushrooms, drained
1/2 cup dry white wine, vermouth (optional)
1 cup dairy sour cream mixed with 1/4 cup flour

Sprinkle chicken breasts lightly with salt, pepper, and paprika. Place chicken breasts in CROCK-POT. Mix white wine, soup, and mushrooms until well combined. Pour over chicken breasts in CROCK-POT. Sprinkle with paprika. Cover and cook on low 6 to 8 hours. (High: 2 1/2 to 3 1/2 hours). Remove chicken breasts and stir in sour cream mixture during last 30 minutes. Serve sauce over chicken with rice or noodles. Yield: 6 Servings

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144. CHICKEN PARMIGIANA

3 chicken breasts
1 egg
1 teaspoon salt
1/4 teaspoon pepper
1 cup dry bread crumbs
1 1/4 cup butter
1 can pizza sauce, 10 1/2 oz
6 slices mozzarella cheese
Parmesan cheese

If using whole chicken breasts, cut in to halves. In bowl beat egg salt and pepper dip chicken into egg. Then coat with crumbs. In large skillet, sauté chicken in butter. Arrange chicken in crockpot. Pour pizza sauce over chicken. Cover and cook on low 6 to 8 hours. Add mozzarella cheese sprinkle parmesan cheese on top. Cover and cook 15 minutes. Yield: 6 Servings.

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145. CHICKEN & RICE

6 Boneless chicken breasts, skinned
2 cn Cream of chicken soup
1 cn Cream of mushroom soup
1 pk Rice-a-roni (chicken flavor)
Salt and pepper to taste

In slow cooker put chicken breast with canned soups, salt and pepper. Cook all day on LOW (approx. 10 hrs. or until chicken is tender). Fix Rice-A-Roni per directions on box. Put on plate and place chicken and gravy on top.

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146. CHICKEN & RICE CASSEROLE

10 3/4 Oz Canned Condensed Cream Of Celery Soup
2 Chicken Breasts Halves -- Skinned & Boned
1 Can Sliced Mushrooms -- (2 Oz) Undrained
1 Tbl Dry Onion Soup Mix
1/2 Cup Raw -- Long Grain Converted Rice

Combine the soup, mushrooms and rice in a well greased slow cooker. Stir well. Lay the chicken breasts on top of the mixture. Sprinkle the onion soup mix over. Cover. Cook on LOW for 7 to 9 hours. Serve hot. Serves 2.

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147. CHICKEN & RICE IN A BAG

3 lb Chicken parts
2/3 c Water
1 c Raw converted rice
1 pk Dry onion soup mix
1 cn Cream of chicken soup
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Rinse chicken and pat dry. Set aside. Combine rice, soup, and water in crock-pot; stir well to mix in soup. Place chicken in a see-through roasting bag; add dry onion soup mix. Shake bag to coat chicken well. Puncture 4-6 holes in bottom of bag. Fold top of bag over chicken and place in crock-pot on top of rice. Cover and cook on LOW setting 8-10 hrs.

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148. CHICKEN & SAUSAGE

1 tablespoon olive oil
4 garlic cloves, crushed
1 onion, medium chopped
1 red pepper, chopped
1 green pepper, chopped
1 zucchini, small chopped
1 can mushrooms
1 can stewed tomatoes, Italian
1 can tomato paste, 6 0z.
1/4 pound hot sausage
2 chicken breasts
1 teaspoon Italian Seasoning
red pepper flakes (opt)

Heat oil in skillet. Sauté onion and garlic until light brown. Remove. Add sausage and chicken to brown in the skillet. Drain and pat dry. In crockpot combine all other ingredients together with the onions and garlic. Add the sausage then top with the chicken breasts. Cover and cook on low setting 6-8 hours. Yield: 2 Servings

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149. CHICKEN SOUP PORK CHOPS

8 lean pork chops
1/2 cup flour
1 teaspoon salt
1 1/2 teaspoon dry mustard
1/2 teaspoon garlic powder
2 tablespoons oil
1 can chicken and rice soup

Mix flour, salt, dry mustard and garlic powder; dredge pork chops and brown in oil. Put in crockpot and add soup. Cover, cook on LOW for 6 to 8 hours. Yield: 4 Servings

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150. CHICKEN STEW

2 lbs. Chicken breasts/skinless Boneless/ cut in 1 inch cubes
2 can Fat-free chicken broth
3 c. Potatoes; peel, cube
1 c. Onion; chop
1 c. Celery; slice
1 c . Carrots; slice thin
1 tsp. Paprika
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1/2 tsp. Pepper
1/2 tsp. Rubbed sage
1/2 tsp. Dried thyme
6 oz. No-salt-added tomato paste
1/4 c. Cold water
3 T. Cornstarch

In a slow cooker, combine the first 11 ingredients; cover and cook on HIGH for 4 hours. Mix water and cornstarch until smooth; stir into stew. Cook, covered, 30 minutes more or until the vegetables are tender. Servings: 4

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151. CHICKEN STROGANOFF

6 Boneless Chicken Breasts
1 large Cont sour cream
1 can Cream of Mushroom soup (or any of the cream soups)
1 package Lipton's dry Onion Soup mix

Mix all together and put into crockpot. Cook on low for 4 -6 hours or until chicken is tender. Serve over cooked noodles or rice. 4 servings.

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152. CHICKEN TERIYAKI

3 Boneless Skinless Chicken Breasts
16 Oz Pineapple Chunks In Light Syrup -- partially drained
6 Oz Teriyaki Sauce

Place chicken breasts in crock pot. Add the pineapple and teriyaki sauce, cover. Cook on low for 6-8 hours, or high for 4-6 hours. Serve over rice.

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153. CHICKEN TETRAZZINI

2 1/2 pounds Chicken -- cut up
1 cup Water
1/2 cup Dry white wine
1 medium Onion -- chopped
salt and pepper
1 tablespoon Parsley -- minced
1/3 cup butter or margarine
1/3 cup Flour
1/2 cup Light cream
4 ounces Mushrooms -- drained
8 ounces Spaghetti -- broken in 2 " pieces, cooked & drained
1/2 cup Grated Parmesan cheese

In crockpot combine chicken, water,salt, thyme, pepper and parsley. Cover and cook on low 10-12 hours or until chicken is very well done.Remove chicken and strain broth into a bowl. Remove meat from bones. Cut chicken into slivers and set aside. Add butter to crockpot and turn on high. Melt butter, stir in flour. Gradually pour in broth, then cream. Cook on high 30 minutes, until bubbly. Stir in cooked chicken,
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mushrooms and cooked spaghetti. Cover and cook on high 15 minutes. Sprinkle the top with Parmesan cheese. 4 servings.

Note* Chicken and broth may be cooked the day ahead of serving and be refrigerated at this point. Then 1 hour before serving time, combine the remaining ingredients and complete.

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154. CHICKEN & VEGETABLES

4 Skinless chicken breasts
Misc. vegetables, cut up (use whatever you have leftover in the fridge)
Worcestershire sauce
Pepper
4 Cloves of garlic
1 t Salt
Any other misc. seasonings

Put vegetables in bottom of crock pot and chicken on top. Add a small amount of liquid (1/4 cup to 1/2 cup, more if needed). Add garlic, salt, worcestershire sauce and pepper to taste. Cook on low about 8 hours, then turn to high. Adjust seasonings as necessary.

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155. CHICKEN VERMOUTH

1 Hen
Salt and pepper
Chicken fat
Olive oil
2 Ribs celery -- slice thick
3 Turnips -- quartered
1/2 large Onion -- chopped thick
2 Carrots -- slice thick
Sugar
1 pinch Sage
3 pinches Tarragon
2 cups Chicken broth
1 cup Dry vermouth
Dried red pepper flakes
2 small Tomatoes -- quartered

Rub S/P all over and in the hen. Put chicken fat w/ a little olive oil and butter in heavy skillet. Brown hen whole on all sides. Be sure all is brown. Take out and put in grease celery, turnips, onion and carrots. Fry 5-8 mins. Put in bottom of Slow cooker set to high. Add a little sugar, sage, tarragon. Rinse out iron skillet with water. Add to the slow cooker. Add chicken broth and Dry Vermouth. Put browned chicken in. Sprinkle with dried red pepper flakes. Place around and in chicken the turnips and tomatoes. Turn pot to low and let cook all day. 4 servings.

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156. CHICKEN & WINE

4 chicken breasts; skinned and quartered
1 dash salt, pepper, thyme, marjoram and paprika
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1 garlic clove, chopped
1 onion, large, sliced
2 leeks, sliced
4 carrots, cut large chunks
1 cup chicken broth
1 tablespoon cornstarch
8 ounces sour cream
1/2 cup dry white wine

Dumplings:
1 cup Bisquick
8 tablespoons milk
Parsley, salt, pepper, paprika

Sprinkle salt, pepper, thyme, marjoram, and paprika on quartered chicken. Place in the bottom of CROCKPOT. Chop clove garlic and add to pot. Peel and slice large onion and layer the onion rings over the chicken. Next cut the white part of 2 leeks into rings and place in the pot. Add the chunks of carrots on top. Dissolve 1 T cornstarch in 1 cup of chicken bouillon together with 1 cup of sour cream and pour in the pot together with 1/2 cup of dry white wine. Cook on HIGH for about 3 hours OR on LOW for about 6 hours.

Dumplings: Mix together 1 cup bisquick, about 8 T milk, parsley, salt, pepper, and paprika to taste; form into balls and place on top of the chicken mixture the last 30 to 40 minutes of cooking. Yield: 4 Servings

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157. CHICKEN WITH CREAM SAUCE

1 large chicken
water
1 stalk celery, halved (with leaves)
1 carrot peeled, halved
1 small onion, halved
1 teaspoon salt
4 sprigs parsley
1 small bay leaf
2 whole cloves
1/2 teaspoon thyme

Sauce:
4 tablespoons butter
1/2 cup flour
1 cup chicken stock
1/2 teaspoon salt
1/8 teaspoon pepper
1/4 cup chopped parsley
1/2 cup cream

Put the chicken in the crockpot and cover with water. Add celery, carrot, onion and salt. Tie parsley, bay leaf, cloves and thyme in a small square of cheese cloth, add to the pot. Cover and cook on LOW for 7-9 hrs. Melt 4 tablespoons butter in a medium saucepan. Stir in flour and cook over low heat for several minutes. Gradually stir in stock. Simmer until smooth. Add salt, pepper, parsley and cream. Remove chicken from pot, slice and serve with the creamy sauce. Yield: 6 Servings

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158. CHILI BEEF SHORT RIBS

3 lb Short ribs
1 tb Vegetable oil
2 Garlic cloves
2 ts Chili powder
1 15 oz tomato sauce
1/2 ts Salt
1 ts Pepper
1 Onion
2 Cans red kidney beans

Put ribs in pot of boiling water, reduce heat and simmer for 10 minutes. Remove ribs from water and drain well to remove as much fat as possible. (This can easily be done the evening before to save time in the morning.) Brown ribs in hot oil. Remove, drain all but 1 tsp fat. Add chopped garlic, lightly brown in oil. Add chili powder, tomato sauce, bring to simmer. (I do all of this the evening before to save more time.) Sprinkle ribs with salt and pepper put in crockpot. Add sauce and sliced onion. Cover and slow cook 6 to 8 hours on low. Remove bones from pot, skim off any visible fat. Add kidney beans, cover and cook on high one hour. Serve with cornbread. 4 servings

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159. CHILI CHEESE DIP

1 1 pound package Velveeta
1 can Chili - no beans
1 pound medium or spicy sausage, browned and crumbled
1 can chopped chilies and tomatoes

Put it in the crock-pot on low, stirring occasionally.

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160. CHILI CON CARNE

4 pounds ground beef
3 tablespoons shortening
2 cups chopped onion
2 garlic cloves; crushed
4 tablespoons chili powder
3 beef bouillon cubes; crushed
1 1/2 teaspoons paprika
1 teaspoon oregano
1 teaspoon ground cumin
1/2 teaspoon cayenne pepper
1/2 cup beef stock
1 can tomatoes; 28 ozs.
1 can tomato paste; 8 oz.
4 can red kidney beans; 1 lb cans

Heat shortening in skillet and brown beef, discard fat, Combine all ingredients in removable liner, stirring well. Place liner in base. Cover and cook on low 8-10 hours or high 4-5 hours. Yield: 10 Servings

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161. CHILI CON-CAUCASIAN (WHITE CHILI)

1 can Cooking Oil Spray (Pam)
1 tablespoon olive oil
1 pound chicken breast; skinned, boned, diced
1/2 cup shallots, chopped
3 cloves garlic, minced
1 can tomatillas (18oz), drained and coarsely chopped
1 can rotel tomatoes; chopped but not drained
1 can chicken broth (13oz)
1 can chopped green chile peppers, not drained
1/2 teaspoon oregano flakes
1/2 teaspoon coriander seeds; crushed
1/4 teaspoon ground cumin
2 can cannellini beans; drained
3 tablespoons fresh squeezed lime juice
1/4 teaspoon black pepper
1/4 cup sharp cheddar cheese; grated

Spray a large skillet with Pam, add olive oil and heat on medium high until hot. Add diced chicken and sauté for 3 minutes or until done. Remove chicken from pan and set aside. Add shallots and garlic to the pan and sauté until tender. Stir in tomatillas, rotel tomatoes, chicken broth, chile peppers, and spices. Bring to a boil, reduce and simmer 20 minutes. Add chicken and, beans, cook for 5 minutes, stir in lime juice and pepper, heat and serve up into chili bowls topped with cheese. Or place all ingredients, except cheese, in a crockpot and cook for 8 hours. Don't forget the Tortilla Chips, Sour Cream, Avocado Dip and Mexican Beer. Good Eating! Yield: 4 Servings

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162. CHILI SIRLOIN

1 1/2 lb Sirloin steak (cut into cubes)
1 lg Green pepper diced
1 Red pepper -- diced
1 Jalapeno pepper (remove seeds if you don't like it hot)
1 28 oz. can of tomato sauce (or whole tomatoes, chopped)
1 tb Cumin
1 t Chili powder
1/2 cn Beer (optional)
4 Slices of crisp bacon

This recipe works great in a slow cooker for approx. 8 hrs.if you don't have one,cook on low for at least 2 hours. Slightly brown the steak cubes in the bacon fat, drain and then add remaining ingredients. Simmer as mentioned above. Top with shredded cheddar and raw onions.

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163. CHILI VERDE

1 Onion -- coarsely chopped
1 Bell pepper, green -- coarsely -chopped
4 Garlic clove -- minced
1 tb Olive oil
4 oz Green chile, canned diced

1 Jalapeno -- diced (opt)
7 Tomatillo
2 lb Pork, lean -- trimmed & cubed
2 ts Oregano
2 ts Sage
1 t Cumin
1 t Red pepper flakes
1/2 c Beer

First, saute one onion and one green pepper, coarsely chopped, with three or four cloves of garlic, minced, in olive oil. Throw into the crockpot. Also throw in a small can of diced green chiles. Depending on your propensity for spicy food, you may add from one to three jalapenos, sliced. Then, throw some tomatillos in the pot. How many? Well, when I got fresh ones, I'd get seven or eight. Peel off the husk and coarsely chop. You can also use canned ones. How many? Well, I don't really remember, it was one medium sized can, I think. Pay attention: I mean tomatillos, not green tomatoes. Take about 2 pounds of lean pork (I trim off all the excess fat I can), cubed, and brown in the pan that you sauteed the onions, etc in. Put the pork into the crockpot. Now, the seasoning mixture. I prefer to grind up in my mortar oregano, some dried red chile peppers, sage, and cumin seed. Perhaps also some black pepper. I almost never put salt in anything, so I probably wouldn't here either, but you may want to. How much? Well, about 2 tsp each of the oregano and the sage, 1 tsp each of the cumin seed and dried red peppers. Salt and pepper to taste. I probably will add a dash of beer (about 1/2 cup) for obscure reasons. This crockpots all day (8 hours or so), or could be simmered on the stove for probably about 2 hours. Traditionally, this is served in bowls, with hot flour tortillas, salsa, and cilantro. You can also have sour cream, grated cheese, olives, and pickled carrots and jalapenos around. Of course, you wrap all this up in the tortillas, making killer burritos. I throw one twist into this, a technique that comes from carnitas. After cooking, I separate the meat from the broth, crisp the meat under the broiler, and reduce the sauce in the pan. This adds a great texture to the meat, and keeps the burritos from being too soggy. 6 servings.

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164. CHINESE BEEF & PEA PODS

1 pound flank steak
10 1/2 ounces beef consommé - can
1/4 cup soy sauce
1/4 teaspoon ground ginger
1 bunch green onion -- sliced
2 tablespoons cornstarch
2 tablespoons cold water
7 ounces frozen Chinese pea pods - partially -- thawed

Thinly slice flank steak diagonally across the grain. Combine strips in slow-cooking pot with consommé, soy sauce, ginger and onions. Cover and cook on low for 5 to 7 hours. Turn control to high. Stir in cornstarch that has been dissolved in the cold water. Cook on high for 10 to 15 minutes or until thickened. Drop in pea pods the last 5 minutes. Serve over hot rice.

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165. CHINESE CASHEW TUNA (OR CHICKEN)

1 can drained tuna or 1 C. cooked diced chicken -- (7 oz.)
1 cup diced celery
1/2 cup diced onion
3 tablespoons Butter or margarine
1 can condensed cream of mushroom soup -- (cream of celery-- gives nice change)

1 can drained bean sprouts -- (16oz.)
1 tablespoon soy sauce
1 cup cashew nuts -- (have a friend who uses peanuts)
Chow mein noodles

Combine all ingredients. except noodles in crock pot. Stir well, and cook for 5 to 9 hours on low. Serve over chow mein noodles (or rice).

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166. CHINESE LO-FAT BRAISED CHICKEN

1 c Chopped onion
3 lb Chicken, skinned, fat removed
1 c Water
1/2 c Low sodium soy sauce
2 tb Chopped fresh ginger
2 tb Sugar (or sugar substitute)
1 cl Garlic, chopped

Place 1/2 cup chopped onion in bottom of crockpot liner. Add chicken. Be sure to remove ALL visible fat! Combine water, soy sauce, chopped ginger, sugar (or sugar substitute), and garlic. Pour over all. Add the other 1/2 cup of chopped onion. Cover and cook on low for 6 to 8 hours. Makes 6 servings.

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167. CHINESE STYLE SPARERIBS

1/4 c Soy sauce
1 Clove garlic, crushed
1/4 c Orange marmalade
4 lb Country style spareribs
2 tb Catsup

Combine soy sauce, marmalade, catsup, and garlic. Brush on both sides of the ribs. Place in a crock-pot. Pour remaining sauce over all. Cover and cook on low for 8 to 10 hours. Makes 4 to 6 servings.

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168. CHOCOLATE APPLE CAKE

6 T. butter
1/2 c. sugar
1/2 c. brown sugar
1 c. unsweetened applesauce
1 tsp. cinnamon
1 tsp. pure vanilla extract
3 eggs
4 (1 oz) sq unsweetened chocolate, melted
1 1/2 c. flour
2 tsp. baking soda
1 tsp. baking powder
pinch of salt
1/3 c. buttermilk
3/4 c. semisweet chocolate chips
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1/2 c. chopped pecans
Confectioner's sugar

In a large bowl, beat together butter & sugars w/ a mixer on HIGH speed 1-2 minutes, or until fluffy. Beat in applesauce, cinnamon, vanilla & eggs until well mixed. Beat in melted chocolate until blended. Add flour, baking soda & powder, & salt. With mixer on LOW speed, beat in dry ingredients, adding buttermilk as you beat. Beat just until evenly mixed. By hand stir in chocolate chips & pecans. Scrape the batter into a WELL BUTTERED 3 1/2 quart
crockpot & smooth top. Cover & cook on the HIGH setting 2 1/4 to 2 1/2 hrs, or until a cake tester (toothpick) inserted in the center comes out clean. (Do not cook on the low heat setting for a longer time) Remove lid & let cake stand in crockpot until just barely warm.

To unmold: Run a sharp knife around the inside edges of the crockpot & w/ a large spatula, carefully lift out the cake in one piece. Sprinkle with confectioner's sugar over top & cut into wedges to
serve.

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169. CHOCOLATE CHIP DATE-NUT LOAF

1 c Dates;chopped
1 ts Baking Soda
1 c Water;boiling
1 tb Butter
1 c Sugar
1 Egg
1 ts Vanilla
2 c Flour
1 ts Baking powder
1/2 ts Salt
1/2 c Walnuts;chopped
1/2 c Chocolate chips

In a large bowl, sprinkle baking soda over dates. Add boiling water and butter. Allow to cool. Add sugar, egg and vanilla and beat well. Add remaining ingredients and stir thoroughly. Pour into greased and floured baking pan (slow cooker accessory). Bake in covered slow cooker on high for 2 to 3 hours.

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170. CHOCOLATE FONDUE

1 Cup cream
1 LB of semi-sweet chocolate chips
1/2 Cup sugar
2 TBS. butter
1 tsp. vanilla

Over low heat melt the butter and add the chocolate, stirring until melted. Blend in the sugar and the cream adding a little at a time. Stir constantly until well blended. Add vanilla and serve. I use pieces of fruit and angel food cake, sponge cake or pound cake. Oranges are very good as are apples, pears or dried apricots. Pineapple is also very good. I don't care for bananas but my girls say they are the best!

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171. CHOCOLATE OBSESSION
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1 3/4 cups light brown sugar -- divided
1 cup flour
1/4 cup cocoa powder + 3 Tbsps
2 teaspoons baking powder
1/4 teaspoon salt
1/2 cup milk
2 tablespoons butter -- melted
1/2 teaspoon vanilla extract
1 3/4 cups hot water
1/4 cup blanched almonds -- optional
vanilla ice cream -- optional

Stir together 1 cup brown sugar + flour + 3 Tbsps cocoa + baking powder + salt. Whisk the milk + melted butter and vanilla. Spread over bottom of crock pot (3 1/4 qt. pot). Mix remaining 3/4 cups brown sugar and 1/4 cup cocoa powder and almond (if desired). Sprinkle evenly on top of the batter. Pour in the hot water, but do not stir. Cover and cook until a toothpick inserted in the center of the cake comes out clean, about 2 hours on high. NOTE: Do not cook on low for a longer period of time. Spoon the warm pudding into individual bowls and serve with a scoop of vanilla ice cream.

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172. CHOCOLATE PEANUT BUTTER CAKE

2 cups chocolate milk
1/3 cup creamy peanut butter
2 eggs
1 package cake mix
1/2 cup chopped nuts
1/2 cup water

Combine all ingredients in mixing bowl. Beat 2 minutes. Pour into greased and floured 2 pound coffee can. Place can in crockpot. Cover top of can with 8 paper towels. Cover and bake on high for 2 to 3 hours.

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173. CHOCOLATE PEANUT CLUSTERS

2 pounds white candy coating, broken into small pieces
2 cups (12 oz) semisweet chocolate chips
1 package (4 oz) German sweet chocolate
1 jar (24 oz) dry roasted peanuts

You can use this simple recipe to make a big batch of chocolate candy without a lot of fuss. In a slow cooker, combine candy coating, chocolate chips and German chocolate. Cover and cook on High for 1 hour. Reduce heat to low. Cover and cook 1 hour longer or until melted, stirring every 15 minutes. Add peanuts. Mix well. Drop by teaspoonfuls onto waxed paper. Let stand until set. Store at room temperature. Makes 3 1/2 dozen.

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174. CHOCOLATE PUDDING CAKE

2 c Flour
2 ts Baking powder
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1/4 ts Salt
1/2 c Cocoa powder
1/2 c Butter
1/2 c Sugar
4 Eggs
1 c Milk
1 1/2 c Fresh bread crumbs
Chocolate or Fudge sauce

Grease 1 1/2 quart mold or baking dish. Sift flour, baking powder, salt and cocoa powder. In large mixing bowl, cream butter and sugar; add eggs, one at a time, alternately with half of the flour mixture. Beat well after each addition. Add milk alternately with remaining half of flour mixture. Stir in bread crumbs. Pour into greased mold, cover with foil; tie in place (wire twisties work well for this). Place rack in slow-cooker (crock pot). Add two cups of hot water. Place mold with cake on rack in pot. Cook covered, on high for 3-4 hours. Serve warm or cold. To serve, slice cake and spoon chocolate or fudge topping over; top with whipped cream, if desired.

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175. CHOPS IN A CROCK

6 pork chops, browned (you can skip the browning)
1 onion, chopped
3 T. catsup
1 can cream of mushroom soup
2 tsp. Worcestershire sauce

Place into crockpot and simmer about 4-5 hours. Serve with rice, noodles or potatoes. Servings: 6

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176. CHOP SUEY #1

½ # lean pork cubed
½ # beef for stew cubed
1 large onion chopped
1-cup celery cut diagonally
1 can water chestnuts, save liquid
1 # fresh bean sprouts, or 2 cans
1 can bamboo shoots
1 large can mushrooms of equal amount of fresh
½ cup soy sauce (Kikkoman)
½ cup of chicken stock or bouillon
1 - 2 TBS. Corn starch

Place meats, celery, onion, chicken stock, mushrooms, soy sauce and water chestnuts and it's liquid into Crockpot. I prefer fresh bean sprouts. They will cook quickly so can be added later depending on degree of doneness. Mix cornstarch in a small amount of water and stir into the sauce and continue stirring until thickened. This recipe is easily altered to suit your taste. Low Sodium soy sauce works well too. Canned bean sprouts are already cooked when you open the can so they could go in near the end. If you like a rich thick sauce remove liquid from pot and thicken on stove top. Chicken and shrimp are good interchangeable. You're the boss. Serve with rice, lo mein noodles, chow mein noodles, and rice noodles.

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177. CHOP SUEY #2

3 pork shoulder chops, boned, well trimmed -- diced
2 cups cubed cooked or raw chicken
1/2 cup chicken broth
1 cup diagonally sliced celery
2 teaspoons soy sauce
1/2 teaspoon sugar
salt
1 1/2 cups thinly sliced water chestnuts
1 1/2 cups julienned bamboo shoots

Combine all ingredients in Crock-Pot; stir well. Cover and cook on Low for 8-10 hours or on High for 4-5 hours. If desired, thicken sauce with a cornstarch-water paste just before serving. Double recipe for a 5 quart Crock-Pot. Serves 4.

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178. CHOW MEIN

4 oz. can mushrooms
1 1/2 lbs. cubed round steak
4 stalks celery
2 med. onions
1 c. hot water with 3 bouillon cubes
3 T. soy sauce
2 tsp. Worcestershire sauce
1 lb. can Chinese vegetables
2 T. cornstarch and 2 T. water

Cook 8 to 10 hours in crockpot - 1 hour before serving add Chinese vegetables and cornstarch and water. Serve over rice. Top with Chow Mein noodles. Servings: 4

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179. CHUNKY CHICKEN SOUP

1 large onion; chopped
2 celery stalks; thinly sliced
2 large carrots; peel & thinly slice
2 cups cauliflower flowerets; coarsely chopped
2 chicken breast halves, skinned boneless
6 cups chicken broth, defatted
2 cups garbanzo beans
1/2 cup long-grain rice; uncooked
1/2 teaspoon dried thyme leaves
1 teaspoon dried basil leaves
1 teaspoon dried marjoram leaves
2 large bay leaves
1/4 teaspoon black pepper
1 can stewed tomatoes

In 5-qt crockpot, combine onion, celery, carrots, and cauliflower. Add chicken, broth, beans, rice thyme, basil, marjoram, bay leaves, and pepper. Cover and cook on high 1 hour. Lower heat to low and cook an additional 6 to 8 hours. Remove bay leaves and discard. Remove chicken. When cool enough to handle, cut

chicken into bite-sized pieces. Add stewed tomatoes to crock pot, and cook on high an additional 10 to 15 minutes. Return chicken to crockpot, and cook an additional 5 minutes. Yield: 6 Servings

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180. CIDER-SIMMERED EYE OF ROUND

2 teaspoons salad oil
1 beef eye round (3 1/2-4 lbs)
2 medium onions, chopped
1 stalk celery, thinly sliced
2 cloves garlic, minced
1 teaspoon ground allspice
1/2 teaspoon ground ginger
1/4 teaspoon pepper
1 cup apple cider OR apple juice
2 tablespoons molasses
2 tablespoons cornstarch, blended with 2 tablespoons cold water
Salt
Chopped parsley

Heat oil in a wide non-stick frying pan over medium-high heat; add beef and brown well on all sides. Meanwhile, in a 4-quart or larger crockpot, combine onions, celery, and garlic; sprinkle with the spices. In a small bowl, mix the cider and molasses. Place beef on top of onion mixture; pour in cider mixture. Cover and cook on low 9 1/2 to 10 hours. When finished cooking, remove roast and pace on platter to keep warm. Skim and discard the fat from the cooking liquid. Blend in the cornstarch mixture. Increase heat to high; cover and cook, stirring 2 or 3 times until sauce is thickened (about 15 minutes). Season with salt to taste. When ready to serve, spoon sauce over meat and sprinkle with parsley. Yield: 10 Servings

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181. CINCINNATI GREEK CHILI (SKYLINE CHILI)

1 48 ounce can tomato juice
1 16 ounce can tomato paste
1 pound hamburger (cooked and chopped finely)
1 pound cooked red beans (if you prefer, use two pounds hamburger instead of beans)
1 medium onion, diced
3 tablespoons chili powder (or to taste)
3 tablespoons garlic powder
2 tablespoons Apple Cider vinegar
2 tablespoons soy sauce
2 tablespoons cinnamon
2 tablespoons cumin
1 teaspoon black pepper
1 teaspoon red pepper
1 teaspoon salt
1 pound cooked spaghetti
1 pound grated cheddar cheese

Cook hamburger. Chop it finely. Cook beans. Rinse. Drain. Mix all ingredients except spaghetti and cheese in crock-pot or large skillet. Stir well. The sauce is best if it simmers at least two hours. The longer it simmers the better. This is a great crock pot recipe to make the night before or the morning before you leave for work. When the sauce is almost done, cook the spaghetti and grate the cheese. Spoon heaping amounts of chili sauce over a plateful of spaghetti. Top with generous portion of cold, grated cheese. If you

like onion, also top with more cold, diced onions. This is great with garlic bread and salad. This sauce is also great over hot dogs. Leave out the beans, add a dab of mustard and steam your hot dog bun. This makes a great Coney Island.

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182. CITRUS FISH

1 1/2 pounds fish fillets
Salt and pepper to taste
1 medium onion -- chopped
5 tablespoons chopped parsley
4 teaspoons oil
2 teaspoons grated lemon rind
2 teaspoons grated orange rind
Orange and lemon slices

Butter crockpot and put salt and pepper on fish to taste. Then place fish in pot. Put onion, parsley and grated rinds and oil over fish. Cover and cook on low for 1 1/2 hours. Serve garnished with orange and lemon slices. 4 servings.

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183. COCONUT PECAN SWEET POTATOES

2 lb Sweet potatoes; peel, shred
1/3 c Brown sugar; pack
1/4 c Margarine or butter; melt
1/4 c Coconut
1/4 c Broken pecans; toast
1/4 ts Ground cinnamon
1/4 ts Coconut flavoring
1/4 ts Vanilla
Toasted coconut; opt

In a 3 1/2 qt slow cooker, combine potatoes, sugar, margarine, coconut, pecans and cinnamon. Cover; cook on LOW for 6 to 8 or on HIGH for 3 to 4 hours. Stir in coconut flavoring and vanilla. Sprinkle with toasted coconut if desired. 4 servings.

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184. COFFEE POT ROAST

6 ea Carrots; peeled, diced
2 c Potatoes; peeled, diced
2 lb Pot Roast; type beef
Salt, Pepper
1 c Canned Tomatoes
1 c Black Coffee
1 c Water

Put vegetables in cooker. Add beef, sprinkle with salt and pepper. Add tomatoes and liquids. Cover and cook on low 8 - 10 hours or until tender. If desired, thicken with flour and water base.

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185. COLA ROAST

1 roast -- Cheap!
1 envelope dry onion soup mix
12 ounces Coke -- not diet

Place the roast in the crockpot. Shake a package of onion soup mix over it and dump in a can of cola. Cook on low all day long (about 12 hours).

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186. COLA CHICKEN

1 cup Cola -- regular
1 cup Ketchup
1 Onion -- sliced
1 1/2 pounds Chicken -- whole

Wash and pat dry chicken. Salt and pepper to taste. Put chicken in crockpot and onions on top. Add cola and ketchup and cook on LOW 6 to 8 hours. When cooked place in refrigerator to cool and then skim off the fat. Reheat and eat. Servings: 4

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187. COLLARD GREENS

2-3 lb collards
1/4 lb sliced, seasoned pork belly
6-8 red potatoes, quartered
2 onions sliced
salt
pepper
2 cups water
1/8 cup vinegar

Place half the pork in the bottom of large crock pot strip large stems from collard leaves, tear leaves into small pieces and stuff into pot put everything else in pot, cover and cook on low for 10 hours.

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188. COLLEGE STUDENT STEW

1/2 pound stew meat
1 can carrots
2 small potatoes; quartered
4 cubes beef bouillon
1 tablespoon italian herbs
water

Put it all in crock, even frozen meat works. Cover with water and turn on crock pot on LOW for 8 to 9 hours. When you get home pop some canned biscuits in the oven for 10 minutes and enjoy a hearty old fashioned tasting beef stew. Yield: 2 Servings

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189. COQ AU VIN

3 pounds Chicken
4 Garlic cloves
2 Bay leaf
1 Onions -- sliced
1 Carrots -- sliced
4 Potatoes -- cut in wedges
2 cups Wine -- red
3 cups Stock, veal -- optional
1 teaspoon Thyme leaves
1 tablespoon Parsley leaves
4 slices Bacon
8 ounces Mushrooms, fresh -- optional
8 ounces Onions, pearl -- optional

Remove giblets and neck from chicken. Stuff garlic and bay leaves into chicken cavity. Place in crockpot, breast side down, and add onions, carrots, and potatoes. Add wine and seasonings. If there is still plenty of room in the crockpot, add stock. Remember that chicken juices will raise the liquid level in the crockpot during cooking. Cook on LOW all day. Thicken the juices, if desired, and serve over noodles. 4 servings.

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190. CORN BREAD

1 1/4 c All-Purpose Flour
3/4 c Yellow Cornmeal
1/4 c Granulated Sugar
4 1/2 ts Baking Powder
1 ts Salt
1 Egg; slightly beaten
1 c Milk
1/3 c Butter; melted OR... 1/3 c Vegetable Oil

In a medium bowl, sift together the flour, cornmeal, sugar, baking powder, and salt. Make a well in the center. Turn the egg, milk, and melted butter or oil into the well and beat into the dry mixture until just moistened. Turn into a greased 2-quart mold, cover with a plate, and place on a trivet or rack in the bottom of the slow cooker. Cover the cooker, cook on high for 2 to 3 hours. Makes 6 servings.

Note: I grease the mold for corn bread with bacon drippings.

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191. CORN CHOWDER

6 slices bacon; diced
1/2 cup onion; chopped
2 cups potatoes; peeled & diced
2 packages frozen whole corn; broken apart (10 oz. ea)
1 can cream-style corn (16 oz.)
1 tablespoon sugar
1 teaspoon worcestershire
1 teaspoon seasoned salt
1/8 teaspoon seasoned pepper

1 cup water

In skillet, fry bacon until crisp; remove. Add to drippings, the onion and potatoes and sauté about 5 minutes. Drain well. Combine all ingredients in crock-pot and stir well. Cook on LOW 4-7 hours. Yield: 4 Servings

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192. CORNED BEEF & CABBAGE #1

4 1/2 pounds corned beef brisket
2 medium onions; quartered
1 cabbage head; cut in small wedges
1/2 teaspoon pepper
3 tablespoons vinegar
3 tablespoons sugar
2 cups water

Combine ingredients in crockpot with cabbage on top. Cut meat to fit, if necessary. Cover and cook on low 10-12 hours; high 6-7 hours. Yield: 6 Servings

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193. CORNED BEEF & CABBAGE #2

4 pounds corned beef brisket
water
1/2 cup onion; chopped
2 garlic cloves; minced OR... garlic powder
2 bay leaves
1 head cabbage; cut into wedges

Placed corned beef in crockpot, barely cover with water. Add onion, garlic and bay leaves. Cover and cook on LOW for 9 to 10 hours. If cabbage is desired, lift corned beef out of pot, turn to HIGH and drop wedges of cabbage into broth. Cover and cook 15 to 20 minutes. Remove and serve.

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194. CORNED BEEF HASH

1 can of corned beef (or 2 cups of cooked corned beef)
1 med onion shredded
2 med. celery sticks chopped
5 fair sized potatoes chopped
2 tbsp. butter
1 diced green pepper
garlic to your taste
1 cup mushrooms
1 tbsp of worcestershire sauce
a dash or two of italian seasoning salt and pepper to taste
2- 10 oz cans of chicken broth

Grind up or chop your corned beef and toss it in the crock pot with all the other ingredients in the list above. Cook in your crock pot on low for 8 hours.
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195. CORNISH HENS WITH CHERRY SAUCE

4 cornish game hens
6 ounce package Stove Top Cornbread Stuffing
1 1/2 cup hot water
1/4 cup butter PLUS 2 tablespoons butter
3/4 cup red currant jelly
1/4 cup dried red cherries, chopped coarse
2 teaspoons fresh lemon juice
1/2 teaspoon salt
1/4 teaspoon ground allspice

Thaw hens if frozen. Place a rack in a slow cooker. In a medium bowl, combine stuffing mix with seasoning packet, water and 1/4 cup of the butter. Stuff hens and place on rack in slow cooker. In a small saucepan, combine jelly, cherries, remaining 1 tablespoons butter, lemon juice, salt and allspice. Cook over low heat, stirring until jelly is melted., Reserve 2/3 cup sauce. Brush remaining sauce on hens in cooker. Cover and cook on low 6 to 7 hours. Serve whole or cut hens in half with kitchen shears. Spoon reserved sauce over hens at serving time. Yield: 4 Servings

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196. CORN-STUFFED PORK CHOPS

6 pork chops; 1 - 2" thick
7 ounces whole kernel corn; not drained
1 cup bread crumbs; soft
1 teaspoon onion; instant, minced
2 tablespoons green pepper; minced
1 teaspoon salt
1/2 teaspoon sage

Have the butcher cut or with a sharp knife cut a horizontal slit in the side of each chop forming a pocket for stuffing. Mix undrained corn, bread crumbs, onion, pepper, salt, and sage. Spoon corn mixture into the slits. Close with toothpicks or small skewers. Place on a metal rack or trivet in crockpot. Cover and cook on LOW for 6 to 8 hours. Especially good with fruit salad and lemon- buttered broccoli. Yield: 6 Servings

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197. COSTA RICAN BEEF & VEGETABLE SOUP WITH YELLOW RICE

2 pounds lean, boneless beef chuck in 1 1/2 inch cubes
1 large onion, thinly sliced
1 cup celery, thinly sliced
3 cloves garlic, minced
1 dry bay leaf
1 large red bell pepper, seeded and cut into thin, bite-size strips
1 1/2 cups water
2 cans (about 14 1/2 oz.) beef broth
Yellow Rice (Recipe Below)
1 large ear corn, cut into 3/4 inch thick slices
4 cups coarsely shredded cabbage
1/3 cup lightly packed cilantro leaves
Salt and pepper
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THE SOUP:
Arrange beef cubes slightly apart in a single layer in a shallow baking pan. Bake in a 500 oven until well browned (about 20 minutes). Meanwhile, in a 3 1/2 quart or larger crockpot, combine onion, celery, garlic, bay leaf and bell pepper. Transfer browned beef to crockpot. Pour a little of the water into baking pan, stirring to dissolve drippings and pour into crockpot. Add broth and remaining water. Cover and cook on low about 8 hours. About 15 minutes before beef is done, prepare Yellow Rice. While rice is cooking, increase cooker setting to high; add corn. Cover; cook for 5 minutes. Add cabbage; cover and cook until cabbage is bright green, 8 to 10 more minutes. Stir in cilantro; season with salt and pepper. Ladle soup into wide, shallow bowls; add a scoop of rice to each. Yield: 6 Servings

YELLOW RICE:
1 tablespoon salad oil
1 small onion, finely chopped
1 cup long-grain white rice
1/4 teaspoon ground turmeric
1 3/4 cups water

Heat oil in 2-quart pan over medium heat. Add the onion; cook, stirring until onion is soft but not browned, (3 to 5 minutes). Stir in the rice and turmeric; cook, stirring occasionally, for about 1 minute. Pour in the water and reduce heat to low and cook until rice is tender, about 20 minutes.

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198. COTTAGE STEW

1 1/2 pounds lean beef, cut in cubes
2 tablespoons flour
2 tablespoons butter
2 tablespoons corn oil
2 celery ribs, cut in chunks
1 cup beef stock
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon dried thyme
1/2 teaspoon dried marjoram
1 teaspoon prepared mustard
2 tablespoons fresh lemon juice
3 tablespoons chopped parsley

Brown meat in butter and oil. Combine meat and remaining ingredients, except lemon juice and parsley, and place in a slow cooker. Cover and cook on low 6 to 8 hours. Stir in lemon juice and parsley and serve with toast, noodles or potatoes.

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199. COUNTRY BEEF STEW

2 lb Beef Cubes; floured,browned
3 Potatoes; peeled, 1" cubes
4 Carrots; peeled, sliced
3 lg Onions; cubed
2 Celery stalks; cut up
1 tb Brown sugar

1/2 ts Allspice
1/4 ts Marjoram
1/4 ts Thyme
5 tb Minute Tapioca
1 cn Whole tomatoes (20 oz.)
1/2 c Burgundy wine
2 tb Worcestershire Sauce
1 ts Salt
1/2 ts Pepper
1 Bay leaf

Add all ingredients to crockpot. Cook on LOW for 9 - 10 hours. Serve topped with chopped parsley.

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200. COUNTRY CHICKEN RICE SOUP

3 Onions -- chopped
4 Celery -- sliced
Salt
Pepper
1 t Basil
1/2 ts Thyme
1/2 ts Sage
20 oz Peas -- frozen
2 1/2 lb Chicken pieces
5 1/2 c Water
3/4 c Rice -- raw converted

Place all ingredients, except rice, into slow cooker in order listed. Cover and cook 1 hour on high; reduce heat to low and cook an additional 8 to 9 hours. One hour before serving, remove chicken and cool slightly. Remove meat from bones and return to slow cooker. Add rice. Cover and cook an additional hour on high. 8 servings.

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201. COUNTRY PORK STEW

1 1/2 pounds pork -- cut in 1" cubes
3 medium potatoes with skins, scrubbed and -- cubed
4 carrots -- cut in 1/2" pieces
1 medium onion -- chopped
1 medium zucchini -- cut in 1/2" pieces
1 16 oz can whole tomatoes -- cut up
2 cups water
1 tablespoon instant beef bouillon
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon paprika
3 tablespoons cornstarch
2 tablespoons water

Combine all ingredients, except cornstarch and 2 tablespoons water, in slow cooker. Stir to blend. Cover and cook at low setting, for 7 - 9 hours or at high for 4 - 5 hours. Increase heat to high. Combine cornstarch and water. Stir slowly into stew mixture until thickened. Servings: 6

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202. COUNTRY-STYLE RIBS DINNER

3 lb Pork loin country-style ribs -cut into serving pieces
1/3 c Flour
2 tb Oil
1 1/2 c Apple cider
1 c -- Water
1 tb Salt
1/2 ts Pepper
2 lb Small red potatoes
16 oz Carrots -- cut into 2" pieces
1 lg Onion -- coarsely chopped
1 sm Cabbage -- shredded
1 t Caraway seeds

All preparation can be done the night before and assembled in the morning before leaving for work so you'll be greeted with a hearty supper at the end of the day. In a large plastic bag combine flour, salt and pepper. Drop meat into bag and coat pork loin country-style ribs with flour mixture; reserve leftover flour. In large skillet over med-high heat, in hot salad oil, cook meat, a few pieces at a time, until well browned on all sides, removing pieces as they brown. Reduce heat to med; into drippings in skillet, stir reserved flour until blended. Gradually stir in apple cider. Simmer to thicken to gravy. Remove from heat and set aside. In 6 qt crockpot add potatoes, carrots, onions and cabbage. Sprinkle with caraway seeds. Top with meat. Pour on gravy. Cover crockpot and cook on high for 6 hours or low for 8-10 hours. 4 servings.

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203. COWBOY CASSEROLE

1 onion, chopped
1 1/2 lbs ground chuck, browned and drained
6 medium potatoes, sliced
1 can red beans
1 can tomatoes mixed with 2 tbsp. flour OR... 1 can tomato soup
Salt
Pepper
Garlic

Put chopped onion in the bottom of the crockpot; layer with browned ground beef, sliced potatoes, and beans.
Spread tomatoes or soup over all. Sprinkle with seasonings as desired. Cover and cook on low for 7 to 9 hours. Serves 4 to 6.

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204. CRAB DIP

1 lb Velveeta cheese
1 stick butter or margarine (I used one stick only)
2 cans crab

Heat together. Keep warm in crockpot. Serve with bread sticks.
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205. CRAB SOUP

2 c Crabmeat; flaked and picked
2 c Milk
2 c Half-and-half
3 tb Butter
2 Lemon peel strips
1/2 ts Mace; ground
Salt and pepper
2 tb Dry sherry; optional
1/2 c Saltine crackers

Combine all ingredients except sherry and crushed crackers in Crock-Pot; stir well. Cover and cook on Low setting for 3 to 5 hours. Just before serving, stir in sherry and crumbs to thicken. Makes about 2 quarts.

Note: You may also add shrimp to this soup for variation.

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206. CRANBERRY BEEF STEW

1/3 c Shallots; thinly sliced
1 Clove garlic; minced or pressed
8 oz Small mushrooms; cut into quarters
2 c Fresh or frozen cranberries, unthawed
1 Dry bay leaf
2 3/4 To 3 lb beef round tip; lean and boneless, cut into 1-inch cubes (or rump may also be used)
1/3 c All-purpose flour
1 T Brown sugar; firmly packed
1/2 ts Pepper
1 ts Dry thyme
3/4 c Dry red wine
1/3 c Beef broth
1/4 c Madeira or cream sherry
2 T Tomato paste
2 T Cornstarch; blend with 2 tablespoons cold water
Salt
Parsley; chopped

In a 3-quart or larger electric slow cooker, combine shallots, garlic, mushrooms, cranberries, and bay leaf. Coat beef cubes with flour, then add to cooker and sprinkle with sugar, pepper, and thyme. In a small bowl, mix wine, broth, Madeira, and tomato paste; pour over beef mixture. Cover and cook at low setting until beef is very tender when pierced (8 to 9 hours).

Blend cornstarch mixture into stew. Increase cooker heat setting to high; cover and cook, stirring 2 or 3 times, until sauce is thickened (about 20 more minutes). Season to taste with salt; sprinkle with parsley. Makes 8 to 10 servings.

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207. CRANBERRY PORK ROAST
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1 boneless rolled pork loin roast; about 2 1/2 to 3 lbs
1 can 16-oz. jellied cranberry sauce
1/2 cup sugar
1/2 cup cranberry juice
1 teaspoon dry mustard
1/4 teaspoon ground cloves
2 tablespoons cornstarch
2 tablespoons cold water
Salt

Place pork roast in slow cooker. In a med. bowl, mash cranberry sauce; stir in sugar, cranberry juice, mustard, and cloves. Pour over roast. Cover and cook on low for 6 to 8 hours, or until meat is tender. Remove roast and keep warm. Skim fat from juices; measure 2 cups; adding water if necessary, and pour into a saucepan. Bring to a boil over med-high heat. Combine the cornstarch and cold water to make a paste; stir into gravy. Cook and stir until thickened. Season with salt. Serve with sliced pork. Yield: 4 Servings

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208. CRANBERRY PUDDING

2 c Whole raw cranberries
1/2 c Molasses
1 1/4 c All-purpose flour; sifted
1 ts Baking soda
1/2 ts Salt

Stir cranberries and 1/3 cup boiling water into molasses. Sift dry ingredients; mix thoroughly into molasses-cranberry mixture. Pour into a 1 1/2-quart mold; cover tightly with foil and secure. Pour 3 cups hot water into crockpot. Place mold on rack. Cover and steam on HIGH for 5 to 6 hours. Cool in mold. Cut in wedges or slices. Serve with cream or softened ice cream.

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209. CRAZY STANDING UP PORK CHOPS

4 Loin pork chops -- lean
2 med Onions -- sliced
1 tsp. Butter
Salt & Pepper -- to taste
Spices of your choice

Stand chops in crockpot, thin side down. Sprinkle with salt, pepper and spices of your choice. Cover with the onion slices, which have been separated into rings. Place butter on top, and cook on LOW heat for 6 to 8 hours, or until chops are tender and onions are done. The result is moist, tender chops with a deep brown color as if broiled in the oven. Servings: 4

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210. CREAM CHEESE CHICKEN

1 Frying chicken -- cut up
2 tb Melted butter or margarine
Salt and pepper, to taste
2 tb Dry italian salad dressing
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1 cn Condensed mushroom soup
6 oz Cream cheese -- cut into cubes
1/2 c Sauterne wine or sherry
1 tb Chopped onion

Mix Brush chicken with butter and sprinkle with salt and pepper. Place in a crockpot and sprinkle dry mix over all. Cover and cook on low for 6 to 7 hours. About 45 minutes before done, mix soup, cream cheese, wine, and onion in a small saucepan. Cook until smooth. Pour over the chicken and cover and cook another 45 minutes. Serve with sauce. 4 servings.

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211. CREAMY HASH BROWNS

1 2-lb pkg frozen cubed hash brown potatoes
8 oz. shredded or cubed Velveeta
16 oz. sour cream
1 can cream of celery soup
1 can cream of chicken soup
1 lb. bacon, cooked & crumbled
1 lg. onion, chopped (I omitted this)
1/4 C. butter or margarine, melted
1/4 tsp. pepper (I used alot more and also added some salt)

Place potatoes in an ungreased crockpot. In a bowl, combine the remaining ingredients. Pour over potatoes and mix well. Cover and cook on low for 4-5 hours (until potatoes are tender and heated through). Servings: 8

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212. CREAMY MEATBALLS

1/4 cup butter
1 medium onion, chopped
2 pounds ground beef
2 eggs
2 teaspoons salt
1/2 teaspoon pepper
1/4 teaspoon tarragon
1/4 teaspoon marjoram
2 1/2 tablespoons flour
5 1/2 tablespoons tomato paste
3/4 cup beef stock
4 teaspoons worcestershire sauce
2 teaspoons vinegar
1/2 pound mushrooms, sliced
1 cup sour cream

Sauté onion in half the butter in large fry pan until golden brown. Put the onion in the crockpot. Mix together the beef, eggs, salt and pepper. Form into small balls. Brown meatballs in same fry pan. Sprinkle on the tarragon, marjoram and flour. Shake the fry pan to turn the meat balls and coat them with the flour. Put into crockpot. Mix together tomato paste, beef stock, worcestershire sauce and vinegar in the fry pan. Scrape the bottom of the pan and cook for two minutes. Pour over meatballs. Cover and cook on low for about 1 1/2 hours. Melt remaining butter in and sauté mushrooms for minutes. Add the mushrooms and the sour cream to the meatballs and heat through. Yield: 6 Servings

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213. CREAMY SWEET POTATO SOUP

3 Sweet potatoes, peeled and sliced
2 c Chicken bouillon
1 ts Sugar
1/8 ts Each ground cloves and nutmeg
Salt to taste
1 1/2 c Light cream, half-and-half, or milk

Put sweet potatoes and bouillon in cooker. Cover and cook on high 2 to 3 hours or until potatoes are tender. Force potatoes and liquid through food mill or puree in blender. Put back in cooker with remaining ingredients. Cover and cook on high 1 to 2 hours. Serve hot or chilled with a dollop of sour cream if desired. Makes about 1 quart.

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214. CREOLE POT ROAST

2 slices bacon, diced
1 teaspoon pepper
1 4 lb rump roast, or sirloin
1 or more green chile peppers, seeded and minced
1 bay leaf
1/2 teaspoon dried thyme
2 cups diced tomatoes
1/2 teaspoon sugar
1 celery rib, chopped
1 onion, chopped
2 cloves garlic, minced
2 tablespoons chopped parsley or coriander

Cook the bacon long enough to release fat. Remove bacon with slotted spoon and set aside. Pepper the meat and brown on all sides in bacon drippings. Add remaining ingredients, cover and cook on low 8 to 10 hours. Add reserved bacon pieces, cover, turn on high and cook 15 minutes. Slice meat and serve with pan juices, rice, and French bread.

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215. CROCKPOT APPLE PIE

8 Tart Apples peeled and sliced
1 1/4 tsp. ground cinnamon
1/4 tsp. allspice
1/4 tsp. nutmeg
3/4 c. milk
2 T. butter soften
3/4 c. sugar
2 eggs
1 tsp. vanilla
1/2 c Bisquick
1 c. Bisquick
1/3 c. brown sugar
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3 T. cold butter

Toss apples in large bowl with cinnamon, allspice, and nutmeg. Place in lightly greased crockpot. Combine milk, softened butter, sugar, eggs, vanilla, and the 1/2 c Bisquick. Spoon over apples.

Combine the 1 cup Bisquick and brown sugar. Cut the cold butter into mixture until crumbly. Sprinkle this mixture over apple mixture. Cover and cook on low 6-7 hours or until apples are soft. Servings: 8

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216. CROCKPOT BURRITOS OR TACOS

8 boneless skinless chicken breast halves OR... 3 pounds sirloin, stew beef, or whatever is lean and on sale
1 package taco seasoning mix
water to cover
cheddar cheese -- shredded
sour cream
refried beans
sliced black olives
sliced green onions
chopped fresh tomatoes
salsa
shredded lettuce
sliced jalapenos
tortillas, corn or flour

Leave meat in whole pieces; you may even put it in frozen. In the morning, put the meat into the crockpot, add taco seasoning mix, and water. Plug it in and turn it on simmer according to manufacturer's directions. If you have time in the morning, shred the cheese and lettuce and chop the tomatoes and store in Ziplock or Rubbermaid containers in the refrigerator. When meat is cooked, remove with slotted spoon to a platter and allow to cool enough to handle. Place chicken breasts or beef on cutting board, and using a fork, shred the meat, while discarding any pieces of fat, etc, that you find. Return shredded meat to crockpot. Warm refried beans in small sauce pan or microwave. Wrap tortillas in foil and warm in the oven. Put remaining ingredients out in dishes on table. The diners can put together their own soft tacos or burritos with the ingredients they like best. 8 servings.

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217. CROCKPOT COCOA

3 1/2 c Nonfat milk powder
1/2 c Sugar
1/2 c Unsweetened cocoa powder
6 c Water
1 ts Vanilla
Ground cinnamon

Combine dry milk powder, sugar, and cocoa powder. Add water and vanilla; stir well to dissolve. Cover; cook on low setting for 3 to 4 hours or or high setting for 1 to 1 1/2 hours. Before serving, carefully beat cocoa with rotary beater to make frothy. Ladle into mugs; top with marshmallows and sprinkle with cinnamon, if desired. Makes 9 (6 oz. each) servings.

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218. CROCKPOT ENCHILADAS
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1 lb Hamburger
1 Onion, chopped
4 1/2 oz Can chopped chilies
1 cn Mild enchilada sauce
10 1/2 oz Golden mushroom soup
10 1/2 oz Cheddar cheese soup
10 1/2 oz Cream of mushroom soup
10 1/2 oz Cream of celery soup
1 pk Doritos chips

Brown hamburger and chopped onion, pour off grease. Put all ingredients in crock pot except Doritos chips. Mix and cook low 4 to 6 hours. Last 15 minutes before you are ready to eat, add Doritos chips and stir. 6 servings

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219. CROCKPOT PIZZA

1 1/2 pounds ground beef
14 ounce can spaghetti sauce
4 ounce cheddar cheese; shredded
6 ounces pepperoni; sliced
1 onion; chopped
4 ounces mozzarella cheese; shredded
1 package noodles (12oz)
14 ounce can spaghetti sauce
Mushrooms; chopped
Green peppers; chopped

Brown meat and onion. Drain grease. Add sauce. Simmer. Boil noodles until tender; drain. In crockpot, put a layer of sauce, noodles, meat/sauce mixture, cheeses, pepperoni and as much green peppers and mushrooms as you want. Cook on HIGH for 30 minutes and then on LOW for 1 hour (I cooked on HIGH for 45 minutes and LOW for 2 hours), until cheeses melts. Yield: 6 Servings

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220. CROCKPOT STUFFING

1 cup margarine
2 cups onion, chopped
2 cups celery, chopped
1/4 cup parsley sprigs
8 oz. can mushrooms, drained
12 cups bread cubes, slightly dry
1 teaspoon poultry seasoning
2 eggs, well beaten
1 1/2 teaspoon salt
1 1/2 teaspoon sage
1 teaspoon thyme
1/2 teaspoon pepper
1/2 teaspoon marjoram, optional
3 1/2 cups chicken broth or turkey broth

Melt butter in a skillet and sauté onion, celery, parsley, and mushrooms. Pour over bread cubes in a very

large mixing bowl. Add all seasonings and toss well. Pour in enough broth to moisten. Add eggs and mix well. Pack lightly into crockpot. Cover and set to high for 45 minutes then reduce to low to cook for 4 to 8 hours. Yield: 6 Servings

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221. CUBAN BLACK BEANS

1 1/2 cup black beans
1 lg. onion, chopped
1 lg. green pepper, chopped
1 Tsp.. salt
4 tsp. garlic powder (2 minced cloves of garlic works, too)
2 bay leaves
1 tsp. pepper
1/2 cup pimentos, chopped (right out of the jar, that's the easiest way :-)
2 Tsp. vinegar
2 dash Tabasco (more if you like a hotter flavor)
1 ham hock (if desired, or 4 strips of bacon, cut into 1/4" pieces and fried well)
Cooked white rice

This requires a little preparation the night before, then it all gets dumped in the crock pot and left until you're ready to eat. OK. Rinse beans. Cover with 6 - 8 cup water. Boil on Hi for 10 min. Turn off heat, cover. Let set overnight. In the morning, place beans, about 1 cup water, and all the rest of the ingredients in crock pot. Cook on Hi for about 4 to 5 hours, or on low for 8 to 10 hours. Serve hot or cold, but best served hot over white rice with a grated jack cheese topping.

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222. CURRIED BEEF

2 lb Lean beef round, trimmed of fat and cut in 2-in cubes
1 tb Curry powder
1 t Cumin seeds
1/2 ts Ground cinnamon
1/4 ts Ground ginger
1 t Cloves
1 t Allspice
1 Clove garlic -- minced
1 Lemon -- juiced
2 tb Raisins
1 tb Light soy sauce
2 ts Cornstarch
1/4 c Cold water

Optional Garnishes:
Yogurt
Lemon wedges
1 c Cilantro -- chopped
Fresh parsley -- chopped

Combine ingredients, except cornstarch and cold water in a crock cooker. No pre-browning of the meat or preheating of the cooker is needed. Cover tightly and set on slow heat. Cook 16 to 18 hours or until meat is very tender. Gently stir meat once or twice during cooking time. 20 or 30 minutes before serving time, stir the cornstarch into cold water and stir this mixture into the crock cooker. Cover and continue to cook at

lowest heat, stirring once or twice, until liquid thickens. Serve with dollops of yogurt, lemon wedges, and chopped fresh parsley or cilantro leaves as a garnish, if desired. Makes 8 servings.

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223. DAUBE OF BEEF

5 shallots, sliced thin
4 garlic cloves, minced
2 medium carrots, sliced 1/4"
1/3 cup ham, baked, chopped
1 slice orange peel, 1/2x3"
1 bay leaf
3 pounds beef chuck, boneless lean, in 1 1/2" cubes
1/4 cup flour
1/4 teaspoon whole black peppercorns
1/4 teaspoon dry thyme
1/8 teaspoon ground cloves
1/2 teaspoon dry sage
2 tablespoons balsamic vinegar
3/4 cup dry white wine OR Beef broth
1/4 cup brandy
2 tablespoons flour
2 tablespoons butter/margarine
Salt
Parsley, chopped

In slow cooker, combine shallots, garlic, carrots, ham, orange peel, and bay leaf. Coat beef cubes with flour; add to cooker. Sprinkle with peppercorns, thyme, cloves, and sage. Drizzle with vinegar; pour in wine and brandy. Cover; cook LOW until beef is very tender. Remove and discard bay leaf and orange peel, then blend in flour and butter (Blend together). Increase cooker heat to HIGH, cover and cook, stirring 2-3 times, until sauce is thickened (about 20 minutes). Season to taste and sprinkle with parsley.
Yield: 8 Servings

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224. DILLED POT ROAST

3 to 3 1/2 lb. roast
1 tsp. dill weed
1/4 c. water
1 tbsp. vinegar
Salt & pepper
3 tbsp. cornstarch
1 tsp. dill weed
1 c. sour cream or plain yogurt

Place roast in slow cooker with dill weed, salt and pepper. Add water and vinegar. Cook for 7 or 8 hours or until tender. When tender, take roast out and turn to high. Mix cornstarch and dill weed and add to juice to thicken. Then stir in sour cream or plain yogurt.

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225. DILLED SWEDISH VEAL ROAST
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1 tablespoon butter or margarine
1 boned, rolled, tied veal shoulder or leg roast (3lb)
8 oz Mushrooms; quartered
24-36 very small carrots or 6-8 med. carrots
2 tablespoons chopped fresh dill or 2 tsp. dry dill weed
1/8 teaspoon ground white pepper
1/4 cup lemon juice
1/2 cup dry white wine
3 tablespoons cornstarch
1/3 cup whipping cream
Salt
Twist of lemon peel
Dill sprigs

Melt butter in a wide nonstick frying pan over medium high heat. Add veal and brown well on all sides, then place in a 4 quart or larger electric slow cooker. Surround veal with mushrooms and carrots (if using medium size carrots, first cut each in half crosswise, then cut lengthwise into quarters.) Sprinkle with chopped dill and white pepper. Pour in lemon juice and wine. Cover and cook at low setting until veal is very tender when pierced. (7 1/2-9 hrs). Carefully lift veal to a warm deep platter. Using a slotted spoon, lift carrots and mushrooms from cooker and arrange around veal; keep warm. In a small bowl, mix cornstarch and cream; blend into liquid in cooker. Increase cooker heat setting to high; cover and cook, stirring 2 or 3 times until sauce is thickened. (15-20 more minutes). Season with salt. To serve, remove and discard strings from veal. Slice across the grain. Spoon some of the sauce over veal and vegetables; if desired, garnish with lemon peel and dill sprigs. Serve remaining sauce in a bowl or pitcher to add taste.
Yield: 6 Servings

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226. DOWN ON THE FARM BEANPOT

4 c. (two 16 oz cans) cut green beans, rinsed and drained and 1/2 cup liquid reserved
20 oz. (two 16-oz cans) great northern beans, rinsed and drained
1/2 c. (3 oz) finely diced extra-lean ham
1/2 c. chopped onion
1/2 c. chunky salsa (mild, medium or hot)
2 T. Brown Sugar

In a slow cooker, combine green beans, great northern beans, ham and reserved liquid. Add onion, salsa, and Brown Sugar. Mix well to combine. Cover and cook on LOW for 6 to 8 hours. Mix well before serving. Servings: 8

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227. DOWN SOUTH BARBECUE

2 onions -- sliced, divided
4 to 5 lbs. pork shoulder roast -- or fresh picnic
5 to 6 cloves
2 cups water
1 onion -- chopped
16 oz. bottle barbecue sauce
salt and pepper -- to taste
1 teaspoon vinegar -- if too sweet
hamburger buns or Kaiser rolls
pickle slices

Put 1 sliced onion in bottom of crockpot. Add pork roast, cloves, water and one more onion, sliced, on top. Cover and cook overnight or 8-12 hours on Low. Remove meats. Cut away bone and fat. Drain away most liquid from pot. Reserve in refrigerator. Cut meat into small pieces and put back into pot. Add chopped onion, barbecue sauce, salt and vinegar if too sweet. Add back fat-skimmed pork liquid as needed. Cover and cook additional 1-3 hours or High or 4-8 hours on Low. Stir 2-3 times and break up large meat chunks. Serve from crockpot onto large buns with dill pickle slices. Wonderful!! A real favorite for picnics and casual parties. 12 servings.

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228. DRUNKEN DOGS APPETIZER

1/4 cup Bourbon
1/4 cup brown sugar
1 cup ketchup
2 lbs Little Smokies

Mix all the ingredients together in a crock pot or small sauce pan. Simmer on low for about an hour. Add a dash of hot pepper sauce or Bar B Que sauce for a little extra flavor.

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229. DUTCH HOT POT

2 pounds Boneless pork shoulder -- cubed
1/4 cup Flour
1 tablespoon Salt
1 teaspoon Thyme -- crumbled
1 teaspoon Coriander seeds -- crushed
1/4 teaspoon Pepper
1 pound Kidney beans (canned)
Boiling water
4 medium Potatoes -- 1/4" slices
4 medium Onions -- sliced
8 Carrots -- 4 " pcs
2 tablespoons Margarine

Trim excess fat from pork. Shake cubes, part at a time, with flour in a plastic bag to coat well. Mix salt, thyme, coriander seeds and pepper in a cup; reserve. Drain liquid from kidney beans into a 2 cup measure; add boiling water to make 1-1/2 cups. Layer vegetables and meat into a slow cooker this way; Half each of potatoes, onions, pork, kidney beans and carrots, sprinkling each layer lightly with seasoning mixture. Repeat with remaining vegetables, pork and seasoning mixture for a second layer. Pour liquid over; dot with butter or margarine; cover. Cook on low for 8 hours or on high for 4 hours, or until meat and vegetables are tender. 8 servings.

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230. EASIEST CROCKPOT BEEF ROAST

1 Rump Roast
1 can Golden Mushroom Soup
1 package Beefy-Onion dry soup mix
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Mix together canned and dry soup in crockpot. Place roast in crockpot and spoon soup mixture over. Cover and cook 8-10 hours. To serve, slice roast and spoon some gravy over top. Pass additional gravy. Good with mashed potatoes and baby carrots. So easy and delicious!

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231. EASIEST CROCKPOT CHICKEN

2 pounds chicken breast halves
1 can cream of mushroom soup
1 can cream of chicken soup

Skin chicken pieces (or use boneless, skinless chicken breasts). Place in crockpot. Mix together soups, and pour over chicken. Cook on low, all day. Remove chicken from sauce and remove bones. Serve over hot rice. Recipe can easily be increased for a larger pot. Yield: 4 Servings

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232. EASY ITALIAN BEEF SANDWICHES

5 pound beef rump roast
2 cups water
1 package dry au jus gravy mix
1 package dry italian dressing mix
Italian seasoning (opt)

Combine water, gravy mix and dressing mix. Add italian seasoning if desired. Pour over roast in crockpot. Cook on LOW 12 to 15 hours. Remove roast and shred with 2 forks, forming strings. Cook another 10 to 12 hours on LOW. Serve on Italian buns. Yield: 4 Servings

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233. EGGPLANT PARMIGIANA

4 large eggplant
2 eggs
1/3 cup water
3 tablespoons flour
1/3 cup seasoned bread crumbs
1/2 cup parmesan cheese
1 can marinara sauce; 2 lb
1 pound mozzarella cheese; sliced
Olive oil; extra virgin

Pare eggplant and cut in 1/2 inch slices; place in bowl in layers and sprinkle each layer with salt and let stand 30 minutes to drain excess water; dry on paper towels. Mix egg with water and flour. Dip eggplant slices in mixture, drain slightly. Sauté a few slices at a time quickly in hot olive oil. Combine seasoned bread crumbs with the Parmesan cheese. In removable liner, layer one-fourth of the eggplant, top with one-fourth of the crumbs, one-fourth of the marinara sauce and one-fourth of the mozzarella cheese. Repeat three times to make four layers of eggplant, crumbs, sauce and mozzarella cheese. Place liner in base. Cover and cook on low 4-5 hours. Yield: 6 Servings

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234. EGGS FLORENTINE

1 tablespoon vegetable oil
1 cup shredded old cheddar cheese
1 package frozen spinach - (9 oz)
2 slices crustless white bread -- cubed
1 cup sliced fresh mushrooms
1/2 cup chopped green onions
1 ounce sliced pimiento (or red pepper)
6 eggs
1 cup half-and-half
1/2 cup water
Salt -- to taste
Freshly-ground black pepper -- to taste
1/2 teaspoon paprika

Grease the sides and bottom of a slow cooker with vegetable oil. Layer 1/2 cup cheese, spinach, bread, mushrooms, onions and pimiento. Mix eggs, half-and-half, water, and salt and pepper in a separate bowl and then pour evenly over layered mixture. Sprinkle with the remaining 1/2 cup cheese and paprika. Cook for 1 1/2 hours on medium heat in the slow cooker (approximately 1 1/2 to 2 hours on HIGH in crockpot).

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235. FIVE ALARM BEEF CHILI

1/4 cup vegetable oil or olive oil
4 pounds boneless beef chuck -- cut in pieces
2 medium onions -- chopped
2 medium green bell peppers -- chopped
1 4 oz can chopped jalapenos or mild chili peppers
1/3 cup chili powder
1 tablespoon dried oregano
2 teaspoons ground cumin
1 teaspoon salt
1 cup beer

Heat 2 tablespoons of oil in a skillet over medium heat. Add the beef and brown on all sides. Transfer to Crockpot. Add remaining 2 tablespoons oil to the skillet and saute the onions and green peppers until soft. Transfer to Crockpot. In Crockpot stir in the jalapenos, chili powder, oregano, cumin, salt and beer. Cover and cook on LOW 6 to 8 hours or on HIGH 3 to 4 hours.

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236. FLAMING PUNCH

2 3/4 qt Bottles Burgundy
1 c Sugar
2 3-1/2 " strips lemon peel
2 2-1/2 " strips lemon peel
1/2 c Lemon juice
12 Whole cloves
1/2 c Rum
1 c Orange juice

In crockpot combine burgundy, sugar, orange peel and juice , lemon peel and juice and cloves. Stir to dissolve sugar. Cover, heat on low for 4 hours. In saucepan, heat rum;pour into ladle, ignite. Slowly pour into wine. If desired float orange slices on top. Make 16 (4 oz servings).

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237. FLANK STEAK IN MUSHROOM SAUCE

1 (1 to 1 1/2 lb.) flank steak
1/4 c Sauterne wine
1 T Soy sauce
1 Clove garlic, minced
1 (10 1/2 oz.) can beef broth
1 T Catsup
1 t Prepared mustard
1 T Instant minced onion
2 T Cornstarch
2 T Water
1/4 lb Fresh mushrooms, sliced

Place steak in crockpot. Combine wine, soy sauce, garlic, broth, catsup, mustard and onion; pour over steak. Cover and cook on low for 6 to 8 hours. Dissolve cornstarch in water; stir into pot. Add mushrooms. Turn to high; cover and cook on high 20 to 30 minutes.

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238. FLORIDA SAUERBRATEN

5 lb Bottom round steak; boneless Chuck roast; or Rump roast
6 oz Grapefruit juice-frozen concentrate mixed with equal amount of water
1 c Dry red wine
1/2 c Brown sugar
1 tb Mixed pickling spice
1 ts Salt
1/4 ts Pepper
2 Bay leaves
1 Onion;medium-sliced
1/2 c Gingersnap cookie crumbs
1/2 c Raisins
1/2 c Sour cream

Place meat in earthenware, glass or enamel bowl. Combine grapefruit juice, wine, 1/4 cup brown sugar, pickling spices, salt, pepper, bay leaves and onion in saucepan and bring to a boil. Pour over meat. Cover. Marinate in refrigerator 2 to 4 days, turning twice a day.

If meat is fatty, pat dry with paper towels and brown in skillet. Then place meat and marinade in slow cooker and cover. Slow cook (low) for 8 hours or until meat is tender. Remove meat to heated platter and keep warm in oven. Strain marinade, pour into saucepan and bring to boil. Blend in gingersnap crumbs, the remaining 1/4 c brown sugar and raisins. Stir constantly until slightly thickened. Remove from heat and blend in sour cream. Slice meat garnished with grapefruit sections and serve with sauce. 8-10 servings with 5 cups sauce.

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239. FRENCH DIP SANDWICH
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3-4 lb. rump roast
1 pkg. au jus mix (dry)
1 pkg. italian dressing mix (dry)
1 (10.5 oz) can beef broth
1 1/2 c. water
Green pepper,sliced thin (optional)
Onion, sliced thin (optional)
Hoagie buns, sourdough buns or your choice
Swiss Cheese (optional)

Place roast in crock-pot. Mix next 4 ingredients and pour over meat. Cook on LOW for 8-10 hours. Remove roast and if adding peppers and onions put those in the crockpot and turn on HIGH until peppers just start to get limp. Remove veggies and set aside. Reserve juice for serving. Slice meat thinly or pull apart. Pile meat on buns with optional veggies and cover with cheese. Wrap in foil. Heat in 350°F oven for 10 minutes. Serve on plate with cup of juice for dipping. Servings: 8

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240. FRENCH ONION BEEF

1 1/4 lb Boneless beef round steak
1 pk (8 oz) fresh slice mushrooms
1 lg Onion, sliced into rings
1 cn French onion soup, condensed
1 pk 15 minute herb stuffing mix
1/4 c Margarine or butter, melted
4 oz Shredded mozzarella cheese

Cut beef into 6 serving-size pieces. Layer half of the beef, mushrooms and onion in 3 1/2 to 4-quart slow cooker; repeat layers. Pour soup over ingredients in slow cooker. Cover; cook on low setting for 8 to 10 hours or until beef is tender and no longer pink. Before serving, toss stuffing mix and contents of seasoning packet with melted margarine and 1/2 cup liquid from pot. Place stuffing on top of contents in slow cooker; cover. Increase heat to high setting. Cook 10 minutes or until stuffing is fluffy. Sprinkle with cheese; cover. Cook until cheese is melted. 6 servings.

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241. FRENCH ONION SOUP

3 Lg Onion -- thinly sliced
1/2 c Butter or margarine
2 tb Instant beef bouillon -- or 6 cubes
4 c Hot water
1 t Worcestershire sauce
1/2 ts Salt
4 Slices French bread -- toasted
1/4 c Parmesan cheese -- grated

In skillet cook onions in butter, until lightly browned. In crockpot combine browned onions in butter with bouillon, water, Worcestershire sauce and salt. Cover and cook on low 4-6 hours. Top each bowl with Toasted French bread, sprinkled with cheese. Recipe may be doubled, kept hot and served from crockpot. 6 servings.

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242. FRESH VEGETABLE SOUP WITH PASTA

1 medium onion; chopped
2 carrots; peeled, thinly sliced
2 zucchini; sliced
2 medium tomatoes; peeled, seeded, chopped
2 cans 10.5-oz. condensed beef broth
2 cups water
2 tablespoons fresh parsley; chopped
1 tablespoons fresh oregano; chopped
1/2 cup small shell shaped pasta
Parmesan cheese; grated

In slowcooker, combine everything except pasta and cheese. Cover and cook on LOW 8 to 9 hours or until vegetables are tender. Turn on HIGH. Add pasta; cover and cook on HIGH 20 minutes or until pasta is tender. Ladle into serving bowls; sprinkle with cheese. Yield: 6 Servings

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243. FRUITED CORNED BEEF
Here's a favorite recipe that takes well to slow cooking. After simmering the brisket, you top it with a citrusy sweet-tart crust, then brown it in the oven.

1 Corned beef brisket (3-4lb)
1 sm Onion; sliced
1 Strip orange peel (1/2"x3")
1 tb Mixed pickling spices
1 Citrus crust (*see below)
1/2 ts While cloves
1 tb Each orange and lemon juice
1/4 c Apple cider or juice

To remove excess salt from brisket, rinse and place it in a deep 5-6 quart pan; add water to cover. Bring to a boil over high heat, then reduce heat and simmer for 5 minutes. Drain. Repeat this step once more.

Meanwhile in a 4 quart or larger electric slow cooker, combine onion, orange peel and pickling spices. Place drained brisket on top of onion mixture; pour in 4 cups of water. Cover and cook on low setting until brisket is very tender when pierced. (8-10 hrs).

Prepare citrus crust. Lift brisket from cooker; place, fat side up, on a rack in a shallow roasting pan. Discard liquid and seasonings in cooker. Stud top of brisket with cloves; pat citrus crust over top. Mix juices and drizzle over brisket. Bake in a 375 oven until topping is browned (30-40 minutes). To serve, life brisket to a warm platter and slice across the grain.

* Citrus crust: In a small bowl, mix 1/3 c. firmly packed brown sugar, 2 tb. fine dry bread crumbs, 1 tsp. each dry mustard, and grated lemon peel and 1 tb. grated orange peel.

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244. FRUITED PORK CHOPS

4 lean pork chops
1/2 teaspoon salt
1 dash pepper

1 tablespoon prepared mustard
2 tablespoons wine vinegar
1/8 teaspoon dried dill weed
1 can (17oz) fruit cocktail
2 tablespoons cornstarch
2 tablespoons cold water

Sprinkle chops with salt and pepper. Place in crockpot. Combine mustard, vinegar and dill. Drain fruit cocktail; add 1/2 cup syrup from fruit to mustard mixture. Pour over chops in pot. Cover pot and cook on low for 4 to 6 hours or until meat is tender. Remove chops and turn control to high. Dissolve cornstarch in water; stir into pot. Add drained fruit cocktail, cover and cook on high for 10 to 15 minutes. Spoon fruit sauce over chops. Yield: 4 Servings

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245. GARBANZOS & COUSCOUS

1 sm Onion; chopped
3 md Carrots; chopped
1 cn Tomatoes, canned; diced, 14 oz.
1 cn Garbanzo beans, canned; 15 oz.
1 c Chicken broth; reduced sodium
3 Cl Garlic; minced
1/4 ts Nutmeg
1/4 ts Cinnamon
1 ts Cumin
1/2 ts Turmeric
1/4 ts Cayenne
1 1/2 c Couscous, cooked

Throw everything in the crockpot except the couscous and mix it up. Cover; cook on low 8-10 hours or high 3-4 hours. Add cooked couscous during last 15 minutes of cooking. 6 to 8 servings.

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246. GARLIC ROASTED CHICKEN

5 pounds Roasting chicken
Salt Pepper
Paprika
5 Garlic cloves -- mashed
1/4 pound SWEET butter
1/2 cup Chicken broth

Sprinkle the chicken, inside and out, with salt, pepper and paprika. Spread half of the garlic in the cavity and spread the rest on the outside of the bird. Place the bird in the crockpot and place a few pats of butter on its breast. Add the remaining ingredients and cook on LOW for 6 to 8 hours. Serve the hot garlic butter sauce with the chicken. 6 servings.

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247. GARNET PEARS

3 pk Black cherry gelatin; 3 oz each
1 1/2 c Boiling water
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1 c Cranberry juice cocktail
Cinnamon; 6" stick
6 Cloves; whole
15 Pears; pared and cored *

In crockpot, combine gelatin and boiling water; stir in cranberry juice cocktail, cinnamon and cloves. Add pears, turning in syrup to coat all sides. Cover and cook on low 6-8 hours or high 3-4 hours. Turn pears once while cooking. Good served warm and spicy, or chilled with the partially-jelled syrup.

* Canned pears may be used for fresh pears. Use 4 (1-lb, 13-oz.) cans drained pears and cook on low for 5 hours.

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248. GERMAN BEEF STEW

1 1/2 lbs. beef chuck, cut in 2" cubes
2 T. flour
1/2 tsp. celery salt
1/2 tsp. garlic powder
1/2 tsp. ground ginger
1/4 tsp. ground black pepper
1 can (16 oz.) diced tomatoes, undrained
2 c. thinly sliced carrots
1 large potato, cut into chunks
1/4 c. sherry
1/4 c. dark molasses
1 c. water

Place beef in crockpot. In a small bowl combine flour, celery salt, garlic powder, ground ginger, and pepper; sprinkle over beef. In a medium bowl, combine tomatoes, carrots, potatoes, sherry, molasses, and water; pour over beef. Cook on low setting for 6 to 8 hours. If desired, add 1/4 cup raisins 30 minutes before serving. Serves 4 to 6.

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249. GERMAN RIBS

3-31/2 pounds beef short ribs
2 tablespoons flour
1 teaspoon salt
1/8 teaspoon pepper
2 tablespoons
2 medium onions, sliced
1/2 cup dry red wine
1/2 cup chili sauce
3 tablespoons brown sugar
3 tablespoons vinegar
1 tablespoon worcestershire sauce
1/2 teaspoon dry mustard
1/2 teaspoon chili powder
2 tablespoons flour

Coat short ribs in mixture of 2 tablespoons flour with salt and pepper. Melt shortening in large skillet or slow-cooking pot with browning unit; add ribs and brown on all sides. Pour off excess fat. In slow-cooking

pot, combine ribs, onions, wine, chili sauce, brown sugar, vinegar, worcestershire sauce, mustard and chili powder. Cover and cook on low for 6-8 hours. Turn control to high. Thicken with 2 tablespoons flour that has been dissolved in a small amount of water. Cook on high about 10 minutes or until slightly thickened. Serve over wide noodles. Makes 5-6 servings.

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250. GINGER-BEEF CURRY

2 large onions -- finely chopped
3 Tbsp fresh ginger root -- grated
8 cloves garlic - pressed
1 cinnamon stick -- about 2" long
1 tsp paprika
1 tsp turmeric (I didn't have any when I made this, so I subbed with some curry powder)
3 lbs beef chuck roast -- boneless, trimmed of fat and cut into 1/2 x 2" strips
1/4 cup all-purpose flour
½ Tbsp ground cumin
½ Tbsp ground coriander
½ tsp ground cardamom
½ tsp ground cloves
½ tsp ground red pepper
¼ tsp nutmeg
1/3 cup tomato paste
2/3 cup water
salt
1/3 cup cilantro leaves -- lightly packed

In a 4-qt. or larger electric slow cooker, combine onions, ginger, garlic, cinnamon stick, paprika. Coat beef strips with flour, then add to cooker and sprinkle with cumin, coriander, cardamom, cloves, red pepper, and nutmeg. In a small bowl, mix tomato paste and water; pour into cooker. Cover and cook at low heat until beef is very tender when pierced (8-9 hours). Skim and discard fat from beef mixture, if necessary. Season to taste with salt. Stir in all but about 1 Tbsp. of the cilantro; sprinkle reserved cilantro over beef. NOTES : You can add 2 cups frozen peas to this approximately 20 minutes before serving. Very good served over egg noodles.

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251. GLAZED CORNED BEEF BRISKET

1 3.5-4 lb corned beef brisket
1 1/2 tablespoons prepared mustard
1 1/4 teaspoons cream-style horseradish
2 tablespoons red wine vinegar
1/4 cup molasses

In a slow cooker, cover corned beef with water. Cover and cook on low 10-12 hours or until tender. Drain corned beef; place on a broiler pan or ovenproof platter. Preheat over to 400F. In a small bowl, combine mustard, horseradish, vinegar and molasses. Brush on all sides of meat. Bake, brushing with sauce several times, about 20 minutes or until meat begins to brown. Cut into thin slices.

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252. GLAZED HAM IN A BAG
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5 lb Canned ham
3 tb Orange marmalade
1 tb Dijon Style mustard
1 lg Cooking bag

Here's a recipe that uses a cooking bag in the crockpot: Remove the ham from the can and rinse off the extra gelatin that clings to the meat. Place the ham inside a plastic cooking bag. Spread the top of the ham with a mixture of marmalade and mustard. Seal the bag with a twist-tie. Poke 4 holes in the top of the bag and place it in the crockpot. Cover and cook on LOW for 6 to 8 hours. Serve the ham with the sauce.

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253. GOLDEN GLOW PORK CHOPS

6 pork chops
1/4 cup brown sugar
1/2 teaspoon cinnamon
1/4 teaspoon cloves
1 can (8oz) tomato sauce
1 can (29oz) cling peach halves
1/4 cup vinegar
Salt and pepper

Lightly brown pork chops on both sides in large skillet or crockpot with browning unit. Pour off excess fat. Combine brown sugar, cinnamon, cloves, tomato sauce, 1/4 cup syrup from peaches, and vinegar. Sprinkle chops with salt and pepper. Arrange chops in slow cooking pot. Place drained peach halves on top. Pour tomato mixture over all. Cover and cook on low for 4 to 6 hours. Yield: 5 Servings

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254. GOURMET LEG OF LAMB

6 pound leg of lamb
2 tablespoons peppercorns; cracked
1 garlic clove
1/4 cup cognac or brandy
1/4 cup kosher salt
2 cups dry red wine

Trim excess fat from lamb. Cut garlic into 4 to 6 slices. Using a paring knife make enough small slits to insert slices of garlic into various parts of meat. Sprinkle coarse or kosher salt and pepper over all sides of lamb. Place in large bowl pour cognac or brandy over it. Refrigerate over night or several hours turning meat frequently. Drain meat and put it and the red wine in crock pot. Cover and cook on low 10 to 12 hours or until meat is done. If possible turn once during cooking. Makes 8 to 10 servings. Yield: 8 Servings

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255. GRANDPA STEW

1st layer fresh or frozen carrots
2nd layer fresh or canned potatoes
3rd layer browned hamburger
4th layer cream of mushroom and vegetable soup, 1 or two cans of each

Place in crock pot and cook until done. Serve with bread.
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256. GREEK BEEF STEW

2 1/2 lb Lean stewing beef
3 tb Butter
1 cn (1 lb) small onions
1 tb Brown sugar
1/2 c Dry white wine
1/2 c Water
3 tb Tomato paste
1/4 c Red wine vinegar
1 ts Mixed pickling spices
4 Whole cloves
3 Buds garlic, minced
Salt and pepper to taste
1 pk (12 oz) frozen tiny peas

Cut meat in 1-inch chunks. Melt butter in large frying pan; brown meat. Transfer to crockpot. Stir drained onions and brown sugar into frying pan. Cook over medium high heat, shaking pan, until glazed. Transfer to crockpot. Add wine, water, tomato paste and vinegar to frying pan. Stir to loosen drippings. Pour over meat and onions. Place pickling spices and cloves in a tea ball or cheesecloth bag. Add to crockpot. Season with garlic, salt and pepper. Cover. Cook on low 8 hours. Thaw peas. Add the last half hour of coking. Cook down juices until slightly reduced. Serve in ramekins. Makes 8 servings.

NOTE: Pickling spices and red wine vinegar punctuate this Greek stew. Round out the Aegean menu with pilaf, sesame coated bread & a greek salad w/ feta cheese.

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257. GREEK MEAT SAUCE

4 lb Ground beef chuck
2 tb Olive oil
4 Onions; med, finely chopped
4 cn Tomato paste (6 oz ea)
4 Garlic cloves;minced
1 ts Mixed pickling spice
1 c Dry white wine
1 tb Salt
Freshly ground pepper

Using a large frying pan, brown meat in 1 tablespoon olive oil until it loses its pink color. Transfer to crockery pot. Add remaining olive oil to pan. Saute` onions until glazed. Transfer to crockery pot. Add tomato paste, garlic, pickling spice, (put in a tea ball or tie in a cheesecloth bag), wine, salt, and pepper. Cover. Cook on LOW 8 hours. Stir once or twice. Cool slightly. Ladle into freezer containers, or serve hot. Makes about 3 quarts.

NOTE: This meat sauce is great for various dishes: spaghetti, moussaka, and the Greek macaroni dish, Pastitsio. It is also good spooned over tacos or ladled inside avocado half shells. This recipe makes a large quantity and freezes well.

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258. GREEN BEANS WITH MUSHROOM SAUCE

2 packages (10 ounces each) frozen French-style green beans, thawed
1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted
1/4 cup dry vermouth or dry white wine
4 ounces (1-1/2 cups) fresh mushrooms, sliced
1/2 teaspoon salt
1/2 teaspoon dried thyme leaves
1/4 teaspoon black pepper
1 cup crushed prepared croutons or canned fried onion rings

Combine all ingredients except croutons in slow cooker. Mix until well blended. Cover and cook on LOW 3 to 4 hours or until beans are crisp-tender. Sprinkle with croutons. Serve warm. Makes 6 to 8 servings.

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259. GREEN CHILI BURRITOS

2 lb Rump roast
1 c Onion; chop
1 pk Taco seasoning mix
1 tb Oregano
1 ts Garlic powder
10 oz Can diced green chilies
1 lb Can tomato sauce

Layer ingredients, meat first, in crockpot. Cook on LOW for 8-10 hours. Do not stir for first 5 hours. Shred meat after 7 hours. Serve on flour or corn tortillas. Top with sour cream, if desired.

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260. GRILLED SPARERIBS

6 pounds pork spareribs
water to cover meat
4 teaspoons pickling spices
1 teaspoon salt
1 1/4 cups brown sugar
2 teaspoons dry mustard
1/2 cup ketchup
1/2 cup Coca Cola

Cut ribs apart and place in Crock-Pot. Cover ribs with water. Add pickling spices and salt. Cook on low for 6 hours or until tender. Discard liquid and place ribs in shallow pan. Mix brown sugar and dry mustard together and sprinkle over ribs. Cover and refrigerate overnight. Mix ketchup and Coca Cola together and spread over ribs. Grill or broil until ribs are browned. 6 servings.

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261. GROUND BEEF BARBECUE

3 lb Ground beef, lean
1 lg Onion, chopped
2 cl Garlic, minced
5 Celery ribs, finely chopped
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1 1/2 ts Salt
1/2 ts Pepper
1 tb Cider vinegar
2 tb Prepared mustard
1/4 c Brown sugar
1 t Mustard seed
3 1/2 c Catsup

Brown meat in slow cooker or skillet on top of range on medium heat. Remove excess grease. Transfer cooking pot to heating base or transfer meat to slow cooker. Add all remaining ingredients, stirring well to blend. Cover and cook on low for 6 - 8 hours. Serve on buns or over hot dogs for chili dogs. 20 servings.

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262. GROUND BEEF STEW

3 Potatoes -- cubed
4 md Carrots -- sliced
1 sm Onion -- chopped
1 cn Peas -- drained
1 lb Ground beef
Salt
1 cn Tomato soup
1 cn Warm water

Place in crock pot in layers. Do not mix. place potatoes first, then place carrots next. Then add onions, peas, ground beef and salt. Spread tomato soup evenly over all layers. Then add water. Cook for 7 hours. Stir just before serving.

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263. GROUND BEEF STROGANOFF

2 pounds ground beef
2 med onions,chopped
2 cloves Garlic,minced
1 small can sliced mushrooms, drained
2 1/2 teaspoons salt
1/4 teaspoon pepper
1 cup beef bouillon
3 tablespoon tomato paste
1 1/2 cup sour cream, mixed with 4 tbsp flour

Brown ground beef in large skillet; add onions, garlic and mushrooms. Saute until onion is golden brown. Put in Crock Pot and stir in all remaining ingredients. Cover and cook on Low 6 to 8 hours. Serve over hot buttered noodles with poppyseeds, or rice.

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264. GROUND BEEF & VEGETABLE CASSEROLE

2 lg.-sized potatoes, sliced
2 to 3 med. carrots, sliced
1 (#2) can peas, well drained
3 med. onions, sliced
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1 1/2 lbs. ground beef, browned
2 stalks of celery, sliced
10 oz. can tomato soup
10 oz. can water

Place layers of the vegetables in the order given in crock pot. Season each layer with salt and pepper. Put the lightly browned ground beef on top of the celery. Mix the tomato soup with the water and pour over the layers. Cover and set on low for 6 to 8 hours, stirring occasionally. Serves 4 to 5.

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265. HAM & BEAN SOUP

1 ham bone (with sm. amt. ham still on)
2 c. Navy beans or mixed beans
8 c. water (3 c. more may be added, after bone is taken out, then cook some more)
1 clove garlic, minced (or 1/2 tsp. garlic powder)
1 T. lemon juice
1 T. honey
1 bay leaf
1 lg. onion, chopped
Salt & pepper, to taste

Wash beans. Put everything in crock pot along with ham bone (that has small amount of ham still on). Start cooking at high (I usually start it in the evening) and after it starts cooking, turn to simmer. (I cook it all night and until serving time at noon or even later.) I usually remove the bone in the early morning and add more water. Remove bay leaf before serving. Servings: 8

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266. HAM & CHICKEN CHOWDER

6 c Chicken stock
2 c Cooked ham; diced
2 c Potatoes; cubed
8 sm Onions
1 c Corn
1 c Cut green beans
1 c Lima beans
1 c Canned tomatoes
2 Stalks celery w/ leaves; chopped
1 tb Parsley; minced
1 ts Salt
1/2 ts Pepper
1 Bay leaf

Combine all ingredients in crockpot. Cover and cook on LOW for 6 to 8 hours, or on HIGH for 3 to 4 hours. Serve in heated soup bowls garnished with chopped fresh parsley.

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267. HAMBURGER SOUP

1 pound lean ground beef
1/4 teaspoon pepper
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1/4 teaspoon oregano
1/4 teaspoon basil
1/4 teaspoon seasoned salt
1 envelope onion soup mix
1 (8 oz.) can tomato sauce
1 tablespoon soy sauce
1 cup celery -- chopped
1 cup carrots -- sliced
1/2 cup macaroni -- cooked
1/4 cup Parmesan cheese -- grated

Crumble beef into slow-cooking pot. Add pepper, oregano, basil, seasoned salt and dry onion soup mix. Stir in 3 cups boiling water, tomato sauce and soy sauce, then add celery and carrots. Cover and cook on low for 6 to 8 hours. Turn control on high. Add cooked macaroni and Parmesan cheese. Cover and cook on high for 10-15 minutes. Other vegetables may be added, if desired. 4 servings.

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268. HAM HOCKS & LIMA BEANS

1 pound dried lima beans, soaked overnight drained
4 ham hocks, halved
2 bay leaves
1 onion, chopped
1 bell pepper, chopped
2 cups chopped tomatoes
1 cup tomato sauce
1 teaspoon sugar
1/4 teaspoon ground cloves
1/2 teaspoon pepper
salt, to taste

Place beans in bottom of crock pot and add remaining ingredients with 1 1/2 quarts of water. Cover and cook on high 2 hours. Turn heat to low and cook, covered, 10 to 12 hours.

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269. HAM IN PEACH SAUCE

2 carrots -- diced
2 onions -- sliced
2 celery stalks -- diced
5 pounds ham -- boned, cooked
1 cup dry white wine
2 cans peach halves -- 16 oz., heavy syrup
3 tablespoons cornstarch
3 tablespoons lemon juice
1 tablespoon butter

Place carrots, onions and celery in crockpot. Place ham on top of vegetables; pour wine over ham. Cover and cook on low 6-7 hours. Drain peaches, reserving syrup. Combine cornstarch and syrup in a saucepan. Cook stirring constantly until syrup is thick and clear. Add peach halves, lemon juice and butter. Cook until thoroughly heated. Remove ham, place on platter. Do not carve until ham is cool. Pour peaches and sauce into crockpot and mix with vegetables. Serve hot peach sauce over ham.

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270. HAM & NOODLE CASSEROLE

1 c Uncooked noodles
Vegetable oil (canola)
1 c Cubed ham
1 cn Condensed cream of Chicken soup
1 cn Whole kernel corn; drained -(8 oz.)
1 tb Pimento; chopped
1/2 c Cheddar cheese; shredded
1/4 c Green pepper; chopped

Cook noodles according to package directions until barely tender (I do approx. 5 to 6 minutes). Drain and toss with just enough oil to coat (3 T). Add noodles and remaining ingredients to a greased Crock pot and stir to mix. Cover and cook on LOW setting 7 to 9 hours. (I had mine ready in 6 Hours). Makes 2 servings or 1 1/2 to 2 quarts.

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271. HAM & SWEET POTATOES

4 small sweet potatoes; unpeeled
1 1/2 lb boneless ham; or canned ham
1/4 cup brown sugar
1/2 teaspoon dry mustard

Place sweet potatoes in bottom of crockpot. Place ham on top of them. Combine remaining ingredients and spread over top of ham. Cover and cook on LOW for 8 to 10 hours. Yield: 4 Servings

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272. HAM & VEGETABLES

1 small (3 pounds) cooked ham; cut in servings
pinch ground cloves
honey; to glaze
1 small metal pie plate (disposable)
Potatoes; chunked
Carrots; chunked
Frozen broccoli; thawed
Onions; chunked
Garlic clove; minced
Salt & pepper; to taste

Cut a small (3 lb.) fully-cooked ham in serving pieces. Place in the bottom of the crockpot, sprinkle with ground cloves and pour honey over all. Place small disposable pie plate on the rim of the pot so it does not touch the meat, and place prepared vegetables on the plate. Sprinkle with salt and pepper, add a small amount of water, and cover with aluminum foil. Place cover on crockpot and secure firmly. Cook on LOW for about 5 to 6 hours, or until done to your liking. Yield: 4 Servings

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273. HASH BROWNS & BEEF

3 cups cooked beef, cut up
24 to 32 ounce package frozen hash browns, thawed
1 onion, finely chopped
1 green bell pepper, finely chopped (or combination red and green peppers)
1/4 cup melted butter or margarine
1 to 1 1/2 cups beef gravy
salt and pepper to taste

Combine all ingredients in crockpot. Cover and cook on low for 6 to 8 hours. May be cooked on high for 2 to 3 hours, or doubled for a larger crockpot. Serves 4.

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274. HAWAIIAN CHICKEN BREASTS

4 Green onions
3 Tablespoons Butter
4 Chicken breast halves
Flour seasoned with salt and pepper
1 Can sliced pineapple -- (14 Ounces)
1 Avocado
Rice; hot -- buttered

Chop onions using only 1" of green tops. Saute in 1 T of butter until glazed. Transfer to crock pot. Coat chicken breasts in seasoned flour. Saute in butter until brown on both sides. Transfer to crock pot. Drain pineapple. Pour juice over chicken. Cover and cook on low 3-4 hours (high 1 1/2 - 2 hours) or until breasts are tender. Saute pineapple slices in butter until golden. Place on heated platter. Top each with a chicken breast. Slice avocado into 8 lengthwise strips. Place 2 strips on each chicken breast. Serve pan drippings over rice. 4 servings.

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275. HAWAIIAN PORK

3 pounds Pork roast, boneless -- rolled
6 Cloves
1/2 teaspoon Nutmeg-Fresh Ground
1/4 teaspoon Paprika
1/4 cup Catsup
2 tablespoons Orange juice
2 tablespoons Honey
1 tablespoon Soy sauce
2 tablespoons Lemon juice
1/2 teaspoon Kitchen bouquet (opt)
Fresh Ground Coarse Black Pepper
1 Can of chunky pineapple, add last hour

Place the roast on a rack and broil 15-30 minutes or until brown (can be done the night before). Stick the cloves randomly all over the roast. Place the roast into the crockpot on the meat rack. Mix together the nutmeg and paprika, sprinkle over the roast. In a small bowl, stir together the catsup, orange juice, honey, soy sauce, lemon juice and kitchen bouquet, pour over roast. Cover and cook on LOW 10-12 hours or on HIGH 4-6 hours. Remove the meat from crockpot and thicken juices by mixing together 1 1/2 tbps cornstarch and 2 tbsp water, whisk into juices and cook on HIGH until thickened.

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276. HEARTY ALPHABET BEEF SOUP

1/2 pound stew beef or round steak
1 can stewed tomatoes (1 pound)
1 can tomato sauce (8 oz)
1 cup water
1 package onion soup mix
1 10 oz. package frozen mixed vegetables; partially thawed
1/2 cup alphabet noodles; uncooked

Using the beef stew meat which is already cut up, place the meat, combined with the stewed tomatoes, tomato sauce, water and soup mix into crockpot. Cover and cook on LOW for 6 to 8 hours. Turn to HIGH, add vegetables that have been partially thawed, and noodles. Cover and cook on HIGH for 30 minutes or until vegetables are done. Yield: 2 Servings

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277. HEARTY POTATO SOUP

6 potatoes -- peeled and cut into 1/2" cubes
2 medium onions -- diced
2 carrots -- thinly sliced
2 ribs celery -- thinly sliced
2 cans (14 1/2 oz. each) chicken broth
1 tsp. dried basil
1 tsp. salt
1/2 tsp. pepper
1/4 c. all-purpose flour
1 1/2 c. half-and-half

Combine first 8 ingredients in a slow cooker. Cook, covered, at High 3 hours or until vegetables are tender. Stir together flour and half-and-half; stir into soup. Cover and cook 30 minutes or until thoroughly heated. Servings: 6

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278. HERBED LEG OF LAMB

5 lb Leg of lamb
1/2 ts Thyme leaves
1 Garlic clove; peeled and halved
1/4 ts Rosemary leaves
1 tb Dry mustard
1 tb Lemon juice
1/8 ts Pepper
1/4 c Flour

NOTE: This recipe is for a 4 1/2 qt crockpot or larger. Bone leg or buy a smaller one for a smaller pot.

Rub all surfaces of lamb with garlic. Mix with salt pepper thyme rosemary and lemon juice. Spread and pat herb mixture on surface of roast. Place roast in crock pot. Cover and cook on low 10 to 12 hours or until tender. Remove meat to platter. Skim off excess fat from juices. Turn control to high. Dissolve flour in a small of amount of cold water. Stir into juices in pot. Cook on high 15 to 20 minutes. Serve herbed sauce with meat. Makes 8 to 10 servings.

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279. HERB STUFFED PORK CHOPS

3/4 cup chopped onion
1/4 cup chopped celery
2 tbs. butter or margarine
2 cups day-old bread crumbs
1/2 cup minced fresh parsley
1/3 cup evaporated milk
1 tsp. fennel seed, crushed
1 1/2 tsp. salt, divided
1/2 tsp. pepper, divided
6 rib or loin pork chops (1 inch thick)
1 Tbsp. vegetable oil
3/4 cup white wine or chicken broth

In a skillet, sauté onion and celery in butter until tender. Add bread cubes, parsley, milk, fennel, 1/4 tsp. salt and 1/8 tsp. pepper; toss to coat. Cut a pocket in each chop by slicing from the fat side almost to the bone. Spoon about 1/4 cup stuffing into each pocket. Combine the remaining salt and pepper; rub over chops. In a skillet, brown the chops in oil; transfer to a slow cooker. Pour wine or broth over the chops. Cover and cook on low for 8-9 hours or until meat juices run clear. 6 servings.

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280. HERB STUFFED TURKEY BREAST

1 Turkey breast half, 2 1/4 - 2 1/2-lbs., with skin
1 tb Dijon mustard
6 sl Canadian bacon (1/2-lb.)
1 tb Fresh thyme; chopped
1 tb Fresh parsley; chopped
1/4 ts Salt
1/8 ts Pepper
1 tb Cornstarch
1/4 c Dry white wine

Place turkey breast skin side down. Spread cut surfaces with mustard, top with Canadian bacon, thyme, and parsley. Fold long sides of breast over stuffing so they overlap slightly. Skewer or tie to hold sides together. Sprinkle with salt and pepper. Place skin side up on rack in slowcooker. Cover and cook on LOW about 6 hrs. Remove turkey and rack from pot; let juices remain. Keep covered and warm. Turn pot on HIGH. Dissolve cornstarch in wine. Stir into drippings in pot. Cover and cook on HIGH 20 to 30 mins., or until thickened, stirring occasionally. Remove skewer or tie from turkey. Slice turkey crosswise into 3/4" or 1/2" slices. Spoon wine sauce over slices. Makes 6 to 8 servings.

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281. HOLIDAY BREAD PUDDING

9 Whole wheat bread slices
3 Egg yolks; beaten
1 1/2 c Light cream
1/3 c Sugar
1 ds Salt
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1 1/2 ts Vanilla extract
2/3 c Light raisins
2/3 c Dark raisins
1/3 c Candied red cherries; halved
1 c Water

Sherry Sauce Ingredients:
2 Eggs; beaten
2 tb Cream sherry
1/4 ts Vanilla
1/2 c Whipping cream

Remove crusts from bread; set crusts aside for another use. Cover bread slices with paper towels and let stand overnight.

For custard, in heavy med. saucepan combine 3 egg yolks, light cream, sugar and salt. Cook and stir over med. heat. Continue till mixture coats a spoon. Remove from heat; cool at once by placing pan in sink of ice water. Stir for 2 minutes. Stir in 1 1/2 tsp. vanilla. Cover surface w/ plastic wrap.

In small bowl, combine raisins; set aside. Put cherries into another small bowl. Pour only 2/3 c warm sherry over raisins; pour remaining sherry over cherries.

Fold cut bread (about 9 cups) into custard till coated.

Grease a 6 1/2-cup tower mold (without tube). Drain raisins and cherries, reserving sherry. Arrange 1/4 of cherries in bottom of mold; sprinkle 1/3 c raisins into mold. Add 1/4 of bread mixture. Sprinkle with 2 T. reserved sherry. Repeat layers 3 times, arranging cherries and raisins near edges of mold. Lightly press last layer with back of spoon. Pour remaining sherry over all. Cover mold tightly with foil.

Set mold into 3 1/2 or 4 qt. crockpot with liner in place. Pour 1 c water into cooker around mold. Cover; cook on low-heat about 5 1/2 hrs. or high for 3 hrs. or till pudding springs back when touched.Remove mold from crockpot and let stand for 10 minutes. Carefully unmold onto serving platter. Serve warm with sherry sauce (below).

TO DO AHEAD:
Remove from mold, cover and chill. Before serving, return to same mold. Cover with foil, and place in crockpot. Then pour 1 cup of water around mold. Cook in crockpot for 1 1/2 hours (or 'til warm) on high setting. Unmold and serve warm with sherry sauce.

SHERRY SAUCE:
In mixing bowl: combine 2 egg yolks, powdered sugar, 2 T sherry and 1/4 t. vanilla. Beat whipping in small mixing bowl till soft peaks form. Gently fold whipped cream into egg yolk mixture. Cover and chill till serving time. Serve warm.

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282. HOLIDAY SUGARED WALNUTS

1 lb Walnut pieces
1/2 c Unsalted butter; melted
1/2 c Powdered sugar
1 1/2 ts Cinnamon, ground
1/4 ts Ginger, ground
1/4 ts Allspice, ground
1/8 ts Cloves, ground
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In a 3 1/2 quart slow cooker, stir the walnuts and butter until combined. Add the powdered sugar, stirring to coat evenly. Cover and slow-cook on high for 15 minutes. Reduce the heat to low and slow cook, uncovered, stirring occasionally, until the nuts are coated with a crisp glaze, about 2 hours.

Transfer the nuts to a serving bowl. In a small bowl, combine the spices and sift them over the nuts, stirring to coat evenly. Cool the nuts completely before serving.

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283. HONEYED CHICKEN WINGS

3 lb. chicken wings
Salt & pepper, to taste
1 c. honey
1/2 c. soy sauce
2 tbsp. vegetable oil
2 tbsp. ketchup
1/2 garlic clove, minced

Cut off and discard chicken wing tips. Cut each wing into 2 parts and sprinkle with salt and pepper. Combine remaining ingredients and mix well. Place wings in slow cooker and pour sauce over. Cook 6 to 8 hours on low.

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284. HONEY GLAZED HAM

4 pounds Ham (boneless, fully cooked)
1 can Lemon-lime soda (12 ounces)
1/4 cup Honey
1/2 teaspoon Mustard
1/2 teaspoon Ground cloves
1/4 teaspoon Ground cinnamon

Place ham and soda into crockpot. If your pot has a rack you can use it. Cover and cook on LOW 6 to 8 hours, (3 to
4 hours on HIGH) Thirty minutes before serving, combine remaining ingredients, including 3 tablespoons drippings from bottom of crockpot. Spread glaze over ham and continue heating. Let ham stand for 15 minutes before serving.

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285. HONEY HAM & VEGETABLES

3 pound ham, fully cooked
3 medium sweet Potatoes; unpeeled
3 medium baking Potatoes; quartered
6 thin carrots; peeled, chunked
1 cup ginger ale

Glaze:
1/2 cup honey
1/4 teaspoon ground cinnamon
1/4 teaspoon ground cloves
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1/2 teaspoon dry mustard

Scrub the sweet potatoes, trim. Scrub baking potatoes, quarter. Peel carrots and slice diagonally in 2" lengths. Place vegetables on the bottom of the crockpot, place ham on top and pour ginger ale over all. Cover and cook on LOW for about 9 hours, or until veggies are tender. Mix about 2 tablespoons of liquid from the pot with the glaze ingredients in a buttered measuring cup and pour over ham. Continue cooking on LOW for 1 or 2 hours, basting often. Slice ham in thin slices, serve with vegetables. Yield: 6 Servings

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286. HONEY RIBS AND RICE

2 lbs lean spare ribs
1 can condensed beef bouillon
1/2 cup water
2 tablespoons maple syrup
2 tablespoons honey
3 tablespoons soy sauce
2 tablespoons barbecue sauce
1/2 teaspoon dry mustard

Bake ribs at 350 degrees for 1 hour (1/2 hour per side) or broil for 15 to 20 minutes to remove fat. Cut into single servings. Combine ingredients in crockpot, stir to mix. Add ribs. Cover and cook overnight or on low for 8 hours. Serve over rice.

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287. HONEY WHEAT BREAD

2 c Dry Milk, warm / reconstituted
2 T Vegetable Oil
1/4 c Honey
3/4 t Salt
1 pk Active dry yeast
3 c Whole wheat flour
3/4 to 1 cup All-purpose flour

Preheat Crockpot (3 1/2 or 5 quart) on high 30 minutes. Combine warm, not hot , milk, oil, honey, salt, yeast, and half the flour. With electric mixer, beat well for about 2 minutes. Add remaining flour; mix well. Place dough in well greased Bread & Cake pan;cover. Let stand for 5 minutes. Place pan in crockpot. Cover and bake on high setting for 2 to 3 hours. Remove pan and uncover. Let stand five minutes. Unmold and serve warm.

Note: Fresh milk may be used if scalded.

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288. HOT BAJA COFFEE

8 c Water; hot
3 tb Instant coffee granules
1/2 c Coffee liqueur
1/4 c Creme de Cacao liqueur
3/4 c Whipped cream
2 tb Semisweet chocolate; grated
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In slowcooker, combine water, coffee granules, and liqueurs. Cover and heat on LOW 2 to 4 hrs. Ladle into mugs or heat proof glasses. Top with whipped cream and grated chocolate. Makes 10 to 12 servings.

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289. HOT BUTTERED LEMONADE

9 c Hot water
1 3/4 c Sugar
1 tb Shredded lemon peel
1 1/2 c Lemon juice (8 lemons)
Butter or margarine

In crock pot, thoroughly combine water, sugar, lemon peel, and lemon juice. Cover and heat on low heat setting for 4 to 6 hours. Serve in mugs; dot each with butter. Serve with stick cinnamon stirrers if desired.

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290. HOT BUTTERED RUM

2 c Brown sugar
1/2 c Butter
1 pn Salt
3 Sticks cinnamon
6 Whole cloves
1/2 ts Nutmeg
2 c Rum
Heavy cream -- whipped
Nutmeg

Put all ingredients, except rum and cream, and nutmeg into crockpot. Add 2 quarts hot water. Stir well. Cover pot and cook on LOW for 5 hours. Add rum; stir to blend. Serve from pot in warm mugs with a scoop of whipped cream and a dusting of nutmeg. Serves 15.

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291. HOT GERMAN POTATO SALAD

6 c. (30 oz) sliced raw potatoes
1 c. chopped onion
1 c. chopped celery
1 c. water
1/4 c. cider vinegar
1/4 c. Sugar Twin of Sprinkle Sweet
2 T. quick cooking tapioca
1/4 tsp. black pepper
2 tsp. dried parsley flakes
1/4 c. Hormel Bacon Bits

In a slow cooker, combine potatoes, onions, and celery. In a medium bowl, combine water, vinegar, Sugar Twin, tapioca, black pepper, and parsley flakes. Pour mixture over potato mixture. Mix well to combine. Cover and cook on LOW for 8 hours. Stir in bacon bits. Serve warm. Servings: 6

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292. HUNGARIAN FISH

1 1/2 pounds fish fillets
salt and pepper
1 cup sour cream
3 teaspoons plain flour
1 medium onion, chopped
1/4 cup white wine
1 teaspoon paprika
chopped parsley
lemon wedges

Season the fish fillets to taste with salt and pepper. Place the fish in a buttered crockery pot. Blend together the sour cream, flour, onion and wine. Pour over the fish and sprinkle with paprika. Cover and cook on the low setting for 1 1/2 hours. Serve garnished with chopped parsley and lemon wedges. Serves 4.

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293. HUNGARIAN GOULASH

2 lbs. Round steaks -- cut in 1/2"
1 c. Chopped onion
1 Clove garlic -- minced
2 T. Flour
1 tsp. Salt
1/2 tsp. Pepper
1 1/2 tsp. Paprika
1/4 tsp. Dried thyme -- crushed
1 can tomatoes -- (14 1/2 oz)
1 cup Sour cream
Cooked Noodles

Put steak cubes, onion, garlic in crockpot. Stir in flour and mix to coat steak cubes. Add all remaining ingredients except sour cream. Stir well. Cover and cook on Low 8-10 hours Add sour cream 30 minutes before serving, and stir in thoroughly. (High: 4-5 hours, stirring occasionally.) Serve over hot buttered noodles. Servings: 6

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294. INDIAN PUDDING

1 c. yellow cornmeal
1/2 c. molasses
1/4 c. sugar
1/4 c. butter
1/4 tsp. salt
1/4 tsp. soda
2 eggs
6 c. hot milk

Mix all of the ingredients with half of the milk, in a saucepan. Stir and bring to a simmer. Stir in the rest of the milk and transfer to a crockpot, or a very slow oven, for 5-7 hours.

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295. IRISH STEW

2 lb Lamb, boneless -- cubed, -browned & drained
2 ts Salt
1/4 ts Pepper
2 c Water
1 sm Bay leaf
2 md Carrots -- pared & cut in 1/2" slices
2 sm Onions, thinly sliced
4 md Potatoes, pared & quartered
1/4 c Quick-cooking tapioca -- (opt)
10 oz Peas, frozen OR... 10 oz Mixed vegetables, frozen

Season cubed lamb with salt and pepper. Add remaining ingredients except peas (omit tapioca if you don't want gravy thickened). Stir well. Cover and cook on Low 10-12 hours. Add peas during last 1-2 hours of cooking.

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296. ISLAND BEEF

2 pounds beef top round steak -- trimmed of fat
2 large onions -- cut into 12 thin-- Wedges each
1 can unsweetened pineapple chunks -- (20-ounce) juice -- reserved
1/2 Cup homemade or canned beef broth
5 tablespoons red wine vinegar
3/4 teaspoon garlic powder
3/4 teaspoon seasoned salt
3/4 teaspoon imported sweet paprika
1/4 teaspoon freshly ground black pepper
1 green bell pepper -- cut into l-inch squares
1 red bell pepper -- cut into l-inch squares
3 tablespoons brown sugar
1 1/2 tablespoons cornstarch
2 tablespoons soy sauce
2 large tomatoes -- cut into wedges

Cut the beef into thin strips diagonally across the grain. Add to a 31/2- or 4-quart electric slow cooker. Add the onions, pineapple juice, broth, 3 tablespoons of the vinegar, the garlic powder, seasoned salt, paprika, and black pepper. Mix well. Cover and cook on the low heat setting 6 to 61/2 hours, or until the beef is just tender. Increase the heat setting to high. Stir in the green and red pepper squares and the brown sugar. Mix together the cornstarch, soy sauce, and remaining 2 tablespoons vinegar. Stir into the cooker, blending well. Cook, covered, on high 45 to 60 minutes, stirring occasionally, until the sauce thickens slightly. Just before serving, stir in the tomato wedges and pineapple chunks. Makes 6 servings.

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297. ITALIAN BEEF AU JUS

1 3 lb. Beef Roast
1 package Italian salad dressing mix
1 can Beef broth
1/2 can Water

Place roast in slow cooker. Combine sauce ingredients and pour over beef. Cover, cook on low for 8 hours. Meat may be sliced and served with hard rolls or shredded with 2 forks and served over noodles or rice, with broth thickened with flour. Servings: 8

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298. ITALIAN BEEF & POTATO CASSEROLE

1 pound ground beef
5 1/2 ounce scalloped potato box
16 ounce tomatoes; canned
10 1/2 ounce pizza sauce
1/2 cup water
1/2 teaspoon salt
1/2 teaspoon oregano
1/4 teaspoon basil
1 cup mozzarella cheese; shredded
1/4 cup parmesan cheese; grated

In a skillet brown the meat till crumbly. Drain off fat. In the crockpot, combine the meat with the dry sauce mix from the package of scalloped potatoes, tomatoes, pizza sauce, water, and spices. Stir in dry potato slices. Cover and cook on LOW 4 to 5 hours. Turn the control to HIGH and stir in the Mozzarella cheese. Top with Parmesan cheese. Cover and cook on HIGH for 15 minutes. Just brown your meat the night before and place every thing you can in the crockpot. Then put the pot in the fridge so it's ready to go in the morning. Yield: 5 Servings

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299. ITALIAN BEEF STEW

2 1/2 lb Beef stew meat, cut into 1 inch cubes
4 Carrots, cut into 1/2 inch pieces
1 lg Onion, thinly sliced and separated into rings
1 cn Whole tomatoes, cut up (28 oz)
2 c Water
1 ts Salt
1 1/2 ts Italian seasoning
2 ts Instant beef bouillon
1 c Uncooked mostaccioli or other macaroni

Brown meat in slow cooker on top of range or skillet on medium heat. Transfer pot to base or meat to slow cooker. Add remaining ingredients except pasta to cooking pot. Stir to combine. Cover and cook on low for 7 - 9 hours OR on high for 3 - 4 hours. Increase heat to high. Add pasta and stir to blend. Cover and continue cooking for 30 minutes until pasta is done.

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300. ITALIAN FONDUE

1 pound browned lean ground beef, drained
8 oz mozzarella cheese
1 envelope spaghetti sauce mix
2 cans tomato sauce (15 oz)
2 TBSP cornstarch
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1 pound sharp cheddar cheese
1/2 cup Dry red wine

Add all ingredients into the crockpot EXCEPT wine and cornstarch. Cover and cook for 2 hours. Dissolve wine and cornstarch. Turn control to HIGH Add dissolved cornstarch Heat on high for 10 to 15 minutes Dip chunks of Italian bread, grapes, large cooked pastas, into the fondue while keeping the mixture hot in the crockpot.

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301. ITALIAN GREEN BEANS

1/3-1/2 lb. sweet Italian sausage
15 oz can stewed tomatoes, chopped
4 cans(8 oz) sliced mushrooms (do not drain)
1/4-1/2 tsp. onion &/or garlic powders
1/2 tsp. basil &/or oregano
3 (1 lb.) cans Italian style green beans, 2 of them drained
1/2 cup Parmesan cheese

Brown sausage and drain. Add all ingredients except green beans. Mix thoroughly and simmer for 15 minutes. Add green beans and mix. Bake at 250 degrees in a covered casserole for 30 minutes to 2 hours; or in a slow cooker on low up to 3 hours.

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302. ITALIAN PORK STEW

1 large onion, chopped
3 cloves garlic, minced
1/2 cup ham, baked, chopped
8 ounces mushrooms, cut up
2 1/2 pounds boneless pork, cubed
3 tablespoons flour
2 teaspoons Italian herb seasoning (can use dried herbs: 1/2 tsp EACH of basil, marjoram, oregano, and thyme)
2 ounce can anchovy, drain, chop
1 can (about 14 1/2 oz.) tomatoes, crushed (do not drain can)
2 tablespoons tomato paste
2 tablespoons dry red wine
Parsley, chopped

In a 3 quart or larger crockpot, combine onion, garlic, ham, and mushrooms. In a small paper bag, shake the meat with the flour and seasonings, then add to the cooker. Sprinkle any remaining flour over the anchovies and add them to the cooker. Pour in tomatoes. In a small bowl, mix tomato paste and wine; add to the cooker. Cover and cook at LOW setting until pork is very tender when pierced (8- 10 hours). Skim and fat. Sprinkle with parsley. Yield: 6 Servings

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303. ITALIAN POT ROAST

4 lb Beef chuck roast
1 1/2 oz Pkg. spaghetti sauce mix
Salt and pepper
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2 Tomatoes, chopped

Sprinkle meat with salt and pepper and then dry spaghetti seasoning mix. Place in crock-pot. Top with chopped tomatoes. Cover and cook on low for 7 to 9 hours or until meat is tender. Slice and Serve on hot spaghetti; spoon sauce over all. Makes 6 to 7 servings.

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304. ITALIAN SAUSAGE VEGETABLE SOUP

1/2 pound Italian pork sausage
1 cup sliced carrots
1 large potato -- diced
garlic clove
2 cans beef broth
15 ounces garbanzo or chick pea beans -- drained
14 ounces canned tomatoes -- undrained
1 1/2 cups water
1/2 teaspoon Italian seasoning
1 bay leaf
1 cup zucchini
parmesan cheese

Brown the sausage. Combine all but zucchini in the crockpot and cook on low for 7-9 hours. Add zucchini and cook an additional 30 minutes.

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305. ITALIAN TORTELLINI STEW

1 md Onion, chopped
2 md Zucchini, in 1" cubes
2 (14 1/2 oz.) cans vegetable or chicken broth
1 (28 ounce) can crushed tomatoes, undrained
1 (15 1/2 ounce) can Great Northern beans, drained/rinsed
2 tb Dried basil leaves
1/4 ts Salt
1/4 ts Pepper
1 (8 ounce) pkg. uncooked dry cheese-filled tortellini

Combine all ingredients except tortellini in crock pot. Mix well. Cover and cook on Low setting for at least 6 hours. When ready to serve, increase heat to High setting. Add tortellini. Cook and additional 20 minutes or until tortellini are soft.

NOTES: Add tortellini to the rich Italian sauce when you come home from work. Supper's ready in 20 minutes.

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306. JAMBALAYA

2 carrots; sliced
2 garlic cloves; minced
1 teaspoon salt
1/4 teaspoon pepper
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1 teaspoon dried oregano; opt.
1/2 teaspoon dried basil
1 pound shrimp; raw, shelled
2 cups rice; cooked

Put chicken and all other ingredients (EXCEPT SHRIMP AND RICE) in crockpot. Cover pot. Cook on low 4 to 5 hours, or on high 2 to 2 ½ hours. Place shrimp and rice in slow-cooker. Cover pot. Cook on High for 35 minutes. Yield: 4 Servings

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307. KALEIDOSCOPE CHICKEN

2 chicken breasts; skinless, boneless
2 can pineapple chunks w/juice*; drained; save juice, 20oz. each
1/2 cup lime juice
1 large green bell pepper slices
1 large red bell pepper slices
1 large yellow bell pepper slices
1 vidalia onion, sliced
1 pound whole mushrooms; trim of stem ends
1 6 oz. can pitted small black olives, drained well
1/2 pound fresh snow peas, trim of ends
2 oz. Butter, shaved
Salt
1 14 oz. box instant brown rice

*You will need pineapple chunks from only 1 can for this recipe. Freeze excess pineapple in an ice cube tray covered with orange juice. Use cubes in glasses of iced tea.

Line bottom of slow cooker set on HIGH with chicken. Add pineapple juice and lime juice; cook for 4 to 6 hours or until tender, but not falling apart. When chicken is tender, layer mushrooms, pepper slices, 1 can pineapple, onion slices, olives and snow peas in slow cooker in order given. Top with butter. Cook for 1-1-1/2 hours more, or until veggies are tender, but not mushy. Remove chicken and veggies from broth; set aside on a warmed utility platter, covered, in a 200~ oven to keep hot. Broth should measure approximately 1 quart; add salt and brown rice. Following package directions, cover and cook on HIGH until done. When rice is cooked, place in center of large, warmed presentation platter. Scoop veggies over top and arrange chicken around perimeter, letting veggies spill over them. Yield: 8 Servings

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308. KIELBASA STEW

1/2 cup lentils; OR... 2 cans garbanzo beans (16 oz. ea)
1/2 pound polish sausage; sliced
1 cup onion; minced
1/2 cup carrots; sliced
1 can tomato sauce (16 oz.)
2 cups water
1 pinch basil and leaf marjoram
1 bay leaf
1/2 teaspoon salt

Completely soften beans by covering beans if dried with 3 times their volume of unsalted water and bring to a boil. Boil for 10 minutes reduce heat and simmer 1-1/2 hours. Discard water. In skillet brown sausage

and drain well. Combine softened lentils and sausage in crockpot. Add remaining ingredients and stir to mix. Cover and cook on LOW for 10 to 12 hours (or on HIGH for 4 to 5 hours). Taste for seasoning. Serve with rye bread and salad of greens. You can use the Italian seasoned tomato sauce and omit the fresh herbs if they are not available. Yield: 4 Servings

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309. KNOCKWURST & CABBAGE

6 Knockwurst links
1/2 ts Salt
1 Onion, thinly sliced
1 t Caraway seeds
1 Small head cabbage, shredded
2 c Chicken bouillon

Cut knockwurst into 2-inch chunks. In crock-pot arrange alternate layers of meat with onions and cabbage. Sprinkle with salt and caraway seeds. Pour bouillon over all. Cover and cook on low 5 to 6 hours or until cabbage is tender. Makes 6 servings. NOTE: If a more chewy texture in the knockwurst is preferred, add the meat during the last hour of cooking.

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310. KNOCKWURST IN BEER/WINE WITH KRAUT

6 knockwurst
3 cups sauerkraut, rinsed & drained
1 apple, peeled, cored, chopped
1 teaspoon caraway seeds
1 teaspoon sugar
1 cup or can beer, your choice OR... 1 cup white wine, instead of beer

Combine all ingredients. Cook on Low about 6 hours. Ham hocks can be used and/or added also, just strip most of the fat off. Serve with mashed potatoes. Yield: 3 Servings

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311. KONA CHICKEN

3 pounds Chicken breasts -- boneless
1/2 cup Soy sauce
1/2 cup Green onions -- chopped
1/2 cup Water
1/4 cup Dry white wine
1/2 cup Honey

Season chicken with salt and pepper. Place in crockpot. Combine onions, soy sauce, wine and water. Pour over chicken. Cover and cook on low for 3-4 hours. Remove chicken from pot. Arrange on broiler pan. Brush with honey. Broil until golden brown brushing with honey several times. Can also be put on grill instead of in broiler oven. 6 servings.

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312. KOWLOON CHICKEN

4 1/2 pounds Chicken parts or cut up fryer
Salt and pepper
1/4 teaspoon Ginger -- ground
1 cup Garlic -- minced
1 cup Chicken broth or bouillon
1 cup Pineapple slices -- 8 1/2 oz
1 cup Water chestnuts -- drain
4 Green onions -- diag slice
1/4 cup Cornstarch
1/4 cup Soy sauce
1 tablespoon Vinegar

Sprinkle chicken with salt and pepper and place in crockpot. Combine ginger, garlic, broth and syrup from pineapple. Cut pineapple slices into fourths. Arrange pineapple and water chestnuts (sliced) over chicken. Pour ginger sauce over all. Cover and cook on low 3-4 hours, or until tender. Add green onions. Dissolve cornstarch in soy sauce and vinegar. Stir into pot. Cover and cook on high 10-15 minutes or until slightly thickened. Serve with crisp Chinese noodles. 6 servings.

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313. LAMB RAGOUT

4 medium carrots, cut into crosswise slices
3 medium turnip bottoms, peel and cut into eights
1 1/2 pounds boneless lamb stew meat, cubed into 1" pieces
8 small cubed red potatoes
1 tablespoon fresh parsley
1 garlic clove, crushed
1/2 teaspoon salt
1/8 teaspoon pepper
1 teaspoon marjoram
1 cup beef broth
1/2 cup dry white wine
2 tablespoons cornstarch
3 tablespoons cold water

Place carrots and turnips on bottom of a slow cooker. Top with lamb and potatoes. In a small bowl, combine parsley, garlic, salt, pepper, marjoram, broth and wine. Pour over ingredients in pot. Cover and cook on low for 8-9 hours. Then turn crock-pot to high and remove meat and vegetables with a slotted spoon; keep warm. Dissolve cornstarch in water in a small bowl, then stir mixture into crock-pot. Cover and cook on high for 15-20 minutes, stir occasionally. Return meat and vegetables to pot, heat and serve.
Yield: 6 Servings

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314. LAMB AND VEGETABLE STEW

2 pounds lamb stew meat
2 tomatoes
1 summer squash
1 zucchini
1 potatoes
1 can mushrooms, sliced
1/2 cup bell peppers, chopped
1 cup onions, chopped

2 teaspoons salt
1 garlic cloves, crushed
1/2 teaspoon thyme leaves
1 bay leaves
2 cup chicken stock
2 tablespoons butter
2 tablespoons flour

Peel, seed, and chop tomatoes. Slice summer squash and zucchini. Dice potatoes. Place lamb and vegetables in crockpot. Mix salt, garlic, thyme, and bay leaf into stock; pour over lamb and vegetables. Cover and cook on low 8 hours. (Don't peek. Lifting the lid prolongs cooking time.) Turn to high. Blend flour and butter, then shape into small balls. Drop into stew and cook, stirring several times, until thickened. Serve over hot noodles or rice. Yield: 4 Servings

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315. LARGE PEARL TAPIOCA PUDDING

1 c Large pearl tapioca
1 1/2 ts Vanilla extract
4 c Water
1 c Chopped English walnuts
3 c Brown sugar
Whipped Cream Topping
1 ds Salt

Place the tapioca and water in a crockpot. Soak overnight. Do not drain tapioca. Add brown sugar and salt and cook for 12 hours on low. Stir once in a while. The tapioca becomes clear and the texture is gelatinous at the end of the cooking period. Let cool. Add vanilla, a bit more salt if needed, and the walnuts. Transfer to a shallow serving bowl and spread top liberally with Whipped Cream Topping.

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316. LASAGNA

1 lb. ground beef
1 onion, chopped
1/8 tsp. garlic powder
2-15 oz. cans tomato sauce
1-6 oz. can tomato paste
1 1/2 tsp. salt
1 tsp. dried oregano
1-12 oz. carton cottage cheese
1/2 cup grated Parmesan cheese
12 oz. lasagna noodles, uncooked
12 oz. shredded mozzarella cheese

Brown ground beef and onion in skillet. Add garlic powder, tomato sauce, tomato paste, salt and oregano. Cook long enough to get it warm. Spoon a layer of meat sauce onto the bottom of the crockpot. Add a double layer of uncooked lasagna noodles (break to fit) and top with cheeses. Repeat with sauce, noodles and cheeses until all are used up. Cover and cook on low for 6-8 hours. 10 Servings

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317. LAYERED ENCHILADA CASSEROLE
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1 can whole tomatoes (14 1/2 oz)
1 small onion -- cut into pieces
1 clove garlic -- minced
1/2 teaspoon ground red pepper
1/2 teaspoon salt
1 can tomato paste (6 oz)
1 pound ground beef, browned
2 cups cheddar cheese -- shredded
9 corn tortillas

To prepare sauce, blend tomato and their liquid with onion and garlic in a blender or food processor. Pour into medium sized sauce pan. Add red pepper, salt and tomato paste . Heat to a boil; then simmer for 5 to 10 minutes. Place 3 tortillas in bottom of Crock Pot. Layer on tortillas 1/3 of the ground beef, 1/3 of the tomato sauce and half the cheddar cheese. Repeat each layer two more times . Cover and cook on Low 6 to 8 hours. Servings: 8

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318. LEMON BEEF STEW

3 lb Beef Stew Meat
Salt and Pepper
Flour
Oil
8 oz Tomato Sauce
1 ts Lemon Peel; fresh grated
2 tb Lemon Juice; fresh squeezed
2 ts Worcestershire Sauce
1 ts Celery Seed
1/2 ts Salt
1/4 ts Pepper
1/4 ts Rosemary Leaves; crushed
3 Med. Potatoes; peeled, cubed
2 c Carrots; peeled and sliced
2 c Celery; sliced diagonally
1 can Small Whole Onions; drained
1 pk Frozen Peas; slightly thawed
2 tb Flour

Season beef with salt and pepper, lightly coat with flour, and brown in 2 parts in large skillet. Pour off fat, put meat in crock pot. Add everything except last 3 ingredients. Cover and cook on low 8 - 10 hours. Add onions and peas and cook 1 - 2 hours longer. Gradually blend 1/4 c water into the 2 T flour. Add to stew mixture and cook on high, stirring until thickened.

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319. LEMON CHICKEN

1 Chicken -- cut up
1 teaspoon Balsamic vinegar
1/2 cup Flour
1 teaspoon salt
3 tablespoons Catsup
6 ounces Frozen lemonade

2 tablespoons Cornstarch mixed with 3 tablespoons Brown sugar
1/4 cup water

Dredge the chicken in flour mixed with salt. Shake off excess and brown in a hot skillet. Remove chicken and put in the crockpot. Mix the lemonade, brown sugar, vinegar (use regular vinegar if you prefer) and catsup and pour over the chicken. Cook on high for 3-4 hours. When ready to serve, remove the chicken to a warm platter and thicken the sauce with the cornstarch/water solution, and serve along with the chicken. This is easy and tastes almost like the Lemon Chicken you get in a Chinese Restaurant.

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320. LEMON GARLIC CHICKEN

3 lb Chicken
1/2 c Lemon juice
1/2 c Garlic cloves -- crushed
1 t Seasoned salt
1 t Poultry seasoning
2 ds Tabasco
1 c White wine

Skin and cut up chicken. Combine with other ingredients in crockpot. Set on low. Upon return from work, debone chicken. Serve over rice. If you freeze chicken pieces separately, and mix up other ingredients the night before, you can dump it all together quickly in the morning. And if you start with frozen chicken it doesn't fall apart. 6 servings.

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321. LEMON ROAST CHICKEN

Chicken, whole
1 d Salt
1 d Pepper
1 t Oregano
2 Cloves minced garlic
2 tb Butter
1/4 c Water
3 tb Lemon juice

Wash chicken,pat dry, season with salt and pepper. Sprinkle 1/2 oregano and garlic inside cavity. Melt butter in large frying pan. Brown chicken on all sides. Transfer to crock pot. Sprinkle with oregano and garlic. Add water to fry pan, stir to loosen brown bits. Pour into crock pot. Cover. Cook on LOW 8 hours. Add lemon juice in the last hour of cooking. Transfer chicken to cutting board. Skim fat. Pour juice into sauce bowl. Carve bird. Serve with some juice spooned over chicken. 4 servings.

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322. LENTIL SOUP WITH KNOCKWURST

1 pound lentils, rinsed & drained
2 medium onions, chopped
2 medium carrots, chopped
1 medium red bell pepper, chopped
2 cloves garlic, minced
1 small dried hot red chili, crush
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1 teaspoon dry rosemary
1/4 teaspoon pepper
2 cans beef broth*
3 cups water
8 ounce can tomato sauce
1 lb knockwurst (or can use Kielbasa), cut either into 1/2" thick slices
2 tablespoon red wine vinegar

In large crockpot, combine all ingredients EXCEPT tomato sauce, meat and vinegar. Cover and cook at LOW setting until lentils are very tender when mashed with a fork (7 1/2-8 hours). Remove 2 Cups of the mixture and whirl in a blender or food processor until pureed. Return to cooker. Increase heat setting to high and add tomato sauce and meat. Cover and heat about 30 minutes more until meat is heated through. Stir in vinegar. Yield: 6 Servings

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323. LIMA BEAN CASSEROLE

1 lb Dry lima beans
3 ts Salt
1 tb Molasses
1/2 c Butter
3/4 c Packed brown sugar
1 tb Dry mustard
1/2 c Sour cream

Cover beans with water and 1 ts salt, soak overnight. Drain, refill pot with water to cover beans, bring to boil and simmer till soft. Drain. In crockpot, mix beans and butter. Mix together sugar, salt, mustard. Sprinkle on beans. Stir molasses and sour cream together, pour over beans and mix all together. Cover and cook in crockpot on low for 4 to 6 hours. 6 servings.

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324. LOW-CAL MEATLOAF

1 pound Lean ground beef
2 cups Shredded cabbage
1 Medium green pepper -- chopped
1 teaspoon Salt
1 tablespoon Dried onion flakes
1/2 teaspoon Caraway seed (optional)

Thoroughly combine all ingredients. Shape into round loaf. Place accessory meat rack in crockpot. Place meat loaf on rack. Cover and cook on High for 4 to 6 hours. 6 servings. Each serving 106 calories. Recipe may be doubled for larger crockpots.

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325. LOW-FAT CHILI

1 lb lean beef stew meat; trimmed
6 oz tomato paste
1 c chopped onions (2 medium)
2 bell peppers; diced
2 garlic cloves; minced
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1 tb chili powder
1 ts ground cumin
1/2 ts dried oregano; crushed

Trim the beef of all visible fat. Cut into 1/2 inch cubes. Place meat in crockpot and stir in tomato paste to completely coat meat. Add the remaining ingredients and stir to blend. DO NOT add any additional liquid. Cover and cook for 12 hours on LOW heat. When done, you can skim the fat from surface and discard. 4 servings.

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326. LOW-FAT GLAZED CHICKEN

6 oz orange juice, frozen concentrate
3 chicken breasts; split
1/2 ts marjoram
1 ds ground nutmeg
1 ds garlic powder (optional)
1/4 c water
2 tb cornstarch

Combine thawed orange juice concentrate (not regular orange juice) in bowl along with the marjoram, garlic powder and nutmeg. Split the chicken breasts to make 6 serving sizes. Dip each piece into the orange juice to coat completely. Place in crockpot. Pour the remaining orange juice mixture over the chicken. Cover and cook on low for 7-9 hours, or cook on high for 4 hours if you wish. Precise cooking time is not important in crockpot cooking. When chicken is done, remove to serving platter. Pour the sauce that remains in crockpot into a saucepan. Mix the cornstarch and water and stir into the juice in pan. Cook over medium heat, stirring constantly, until thick and bubbly. Serve the sauce over the chicken. 6 servings.

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327. MACARONI & BEEF

1 1/2 pounds ground beef
2 cups uncooked macaroni
1 medium onion -- chopped
1 can mushroom pieces -- drained
1 can corn -- drained
2 cans tomato soup salt and pepper -- to taste

Brown ground beef, drain fat; put in crockpot. Cook macaroni according to package directions till barely tender, drain well. (I find that cooking slightly less than half the time given works OK). Put macaroni and remaining ingredients in crockpot, stir to blend. Cook on low 7 to 9 hours or on high for 3 to 4 hours. 6 servings.

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328. MACARONI & CHEESE

8 oz. elbow macaroni -- cooked & drained
3 c. sharp Cheddar cheese -- shredded, (12 ounces)
12 oz. canned evaporated milk
1 1/2 c. milk
2 eggs
1 tsp. salt
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1/2 tsp. black pepper
1 c. sharp Cheddar cheese -- shredded, (4 ounces)

Place the cooked macaroni in a 3 1/2-quart (or larger) slow cooker that has been coated with nonstick cooking spray. Add 3 cups cheese, milk, eggs and seasonings to the macaroni; mix well. Sprinkle with the remaining 1 cup cheese, then cover and cook on the low setting for 5 to 6 hours or until the mixture is firm and golden around the edges. Do not remove the cover or stir until the mixture has finished cooking.
Servings: 4

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329. MACARONI, HAMBURGER & TOMATO CASSEROLE

2 lb Ground beef
1/2 c Chopped onion
1 Clove garlic, minced
2 (1 pound) cans tomatoes
1 c Tomato juice
1/4 ts Ea salt & pepper
1/2 ts Dried oregano
1 ts Chili powder, optional
2 c Uncooked elbow macaroni

Brown meat, onions and garlic in skillet and drain. Combine tomatoes, tomato juice,and 1-1/2 C water in crockpot.Add drained meat, onions, garlic, salt, and stir in seasonings. Mix well and cook on low 6-8 hours. Stir in uncooked macaroni and continue cooking 2-3 hours, until macaroni is tender.

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330. MACARONI PIE

1 8 ounces box (cooked) macaroni
3 cups grated cheese
1 (16 oz.) can evaporated milk
1 1/2 cups sweet milk
2 eggs
1/4 cup margarine
1 teaspoon sugar
Salt and pepper to taste

Combine cooked macaroni with other ingredients and pour into a greased crockpot. Cook 3 1/2 hours on medium heat. 4 servings.

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331. MALAYSIAN BEEF

1 pound Lean round steak, trimmed and cut in 1 1/2" pieces
1 Onion, chopped
1 Bud garlic, finely chopped
1 tablespoon Jalapeno pepper, chopped fine
1 tablespoon Prepared mustard
1 tablespoon Light soy sauce
1 teaspoon Coconut flavoring
1 teaspoon Ground coriander
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1/2 teaspoon Ground ginger
1/4 teaspoon Ground cumin

Combine ingredients in a crockpot and stir well. Cover and cook at low setting until meat is very tender - about 10 to 12 hours. Serve with brown rice and steamed vegetables, if desired. Makes 4 servings.

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332. MANDARIN RICE PUDDING

2 1/2 c Cooked rice
1 c Undiluted evaporated milk
1/2 c Mandarin orange liquid (can)
1/2 c Light brown sugar
3 tb Butter; melted
1 ts Vanilla
3 Eggs; beaten
1/2 c Raisins
1 c Drained mandarin orange sections

Combine rice with all ingredients except orange sections. Mix well. Lightly butter crockpot. Pour in rice mixture. Cover and cook on LOW for 4 to 6 hours or on HIGH for 2 to 3 hours. Stir during first 30 minutes. During last half-hour, stir in orange sections.

NOTE: For classic rice pudding use 1/2 cup evaporated milk and 2 tsp vanilla. Raisins are optional. Omit orange liquid and sections.

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333. MANHATTAN CLAM CHOWDER

3 celery ribs, sliced
1 large onion, chopped
1 can (14 1/2 oz.) sliced potatoes, drained
1 can (14 1/2 oz) sliced carrots, drained
2 cans (6 1/2 oz each) chopped clams
2 cups tomato juice
1 1/2 cups water
1/2 cup tomato puree
1 tbl. dried parsley flakes
1 1/2 tsp. dried thyme
1 tsp. salt, optional
1 bay leaf
2 whole black peppercorns

In a slow cooker, combine all ingredients; stir. Cover and cook on low for 8-10 hours or until the vegetables are tender. Remove bay leaf and peppercorns before servings. Yields: 9 servings.

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334. MANY BEAN STEW

1 medium onion, chopped
1 medium garlic clove
1 1/2 teaspoons paprika
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2 cups vegetables, cubed
1/2 cup pinto beans
1/2 cup kidney beans
1/2 cup lima beans
1/2 cup yellow split peas
2 teaspoons salt
5 cups boiling water
Bay leaf
1 teaspoon celery seed
1 teaspoon dill weed
1/4 teaspoon pepper

Sauté onion and garlic in water with paprika. Put all the ingredients in crockpot and cook on high for 8 hours. If not, add pintos, water, bay leaf, and celery seed and bring to a boil. Simmer, partially covered, for 1 hour. Add kidney beans and lima beans and simmer another hour. Add remaining ingredients. Check and stir occasionally to make sure there's enough water. Simmer another hour. Yield: 6 servings

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335. MAPLE COUNTRY-STYLE RIBS

1 1/2 lbs country-style boneless pork ribs
1/3 cup maple syrup
1 tablespoon soy sauce
2 tablespoons dried minced onion, or use fresh
1/4 tsp cinnamon
1/4 tsp ginger
1/4 tsp allspice
1/2 tsp garlic powder
dash of pepper

Place pork in the crockpot. Combine remaining ingredients; pour over pork. Cover and cook on low for 7 to 9 hours. Serves 4.

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336. MAPLE GLAZED SWEET POTATOES

5 medium sweet potatoes
1/4 cup brown sugar
1/4 cup pure maple syrup
1/4 cup apple cider
dash salt and pepper to taste

Peel sweet potatoes and cut into 1/4 to 1/2 inch thick slices, place in crockpot. Whisk remaining ingredients together and pour over potatoes. Cover and cook on low 7 to 9 hours. Stir a few times, if possible, to keep them coated. Serves 4.

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337. MEATBALLS IN MUSHROOM GRAVY

1 pound Beef -- lean ground
4 Bread slices
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1 teaspoon Salt
1/4 teaspoon Pepper
1 tablespoon Onion minced
1 can Mushroom soup
1/3 cup Water

Pull apart bread into small, dime-size pieces. Combine ground beef, bread, salt, pepper, and minced onion in a large mixing bowl. Using a spoon, scoop out rounds of meat mixture, or shape into several round, 2-inch balls by hand. Brown meatballs in a hot skillet using a small amount of butter or oil. Turn them occasionally so all sides are browned. Place meatballs in a crockpot. Add soup and water. Cook on low for 6 to 12 hours, high for up to 6 hours. 6 servings.

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338. MEATBALL SANDWICHES

1 egg
1/2 teaspoon salt
1/2 teaspoon Italian seasoning
1/4 teaspoon crushed red pepper flakes
2 cloves garlic -- minced OR... 1/4 teaspoon garlic powder
1/4 cup chopped onion
1 pound ground beef
1 pound ground turkey
1/2 cup bread crumbs
1/3 cup grated Parmesan cheese
1 16 oz can tomato sauce
2 tablespoons red wine vinegar
6 hoagie type sandwich rolls (or 8) -- split and warmed

Condiment Choices:
shredded mozzarella cheese
red and yellow pepper strips
sliced onions
olives

In a large bowl, beat egg with salt, Italian seasoning, red pepper flakes, and garlic. Add chopped onion, beef, turkey, bread crumbs, and Parmesan cheese; mix well. Shape mixture into 1 inch balls and brown in a large skillet. Drain meatballs and transfer to a 5 quart Crock-Pot. In the same bowl, mix tomato sauce and wine; pour over meatballs. Cover and cook on Low for 5 1/2 to 6 hours. To serve: place 3 to 4 meatballs in each split roll; top with sauce from Crock-Pot. If desired add condiments and serve. Serves 6 to 8.

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339. MEATBALL / VEGETABLE STEW

1 pound ground beef
1 egg; slightly beaten
1/2 cup fine dry bread crumbs
1 onion; chopped
1 celery top; chopped
1 teaspoon salt
1/8 teaspoon pepper
1/2 teaspoon thyme
2 cans stewed tomatoes

10 oz. package frozen green beans
10 oz. package frozen mixed vegetables

Mix ground beef with 1/4 cup water and all ingredients except tomatoes and vegetables. Lightly shape into 2 inch meatballs. In skillet, brown meatballs. Pour stewed tomatoes over meatballs, in crockpot. Stir to mix. Cover and cook on low for 4-6 hours. Turn to high, add vegetables and cover and cook for 30-45 minutes more or until vegetables are tender. Yield: 4 Servings

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340. MEATLESS STUFFED PEPPERS

2 large green bell peppers
2 large red bell peppers
1/2 cup converted white rice
1 15 1/4-oz. can whole kernel corn, drained
1 2 1/4-oz. can sliced ripe olives, drained
3 scallions, chopped
1/4 tsp. seasoned salt
1/4 tsp. garlic pepper
1 14 1/2 oz. can cut-up peeled tomatoes
1/3 cup dry red wine
1 6-oz. can tomato paste

Slice the tops off the green and red bell peppers and carefully remove the seeds and inner ribs. Remove the stems from the tops and chop the remaining pepper pieces. Stand the peppers upright in a 5-quart electric slow cooker. In a medium bowl, combine the chopped pepper tops, rice, corn, olives, scallions, seasoned salt, garlic pepper and 1/2 cup of the tomatoes with their liquid. Mix well. Stuff the peppers with the corn mixture, dividing evenly and packing lightly. Mix the remaining tomatoes and their liquid with the wine and tomato paste until well blended. Pour over and around the peppers in the slow cooker. Cover and cook on the Low heat setting 6 1/2 to 7 hours, or until the rice is cooked and the peppers are tender but still hold their shape.

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341. MEATLOAF #1

2 pounds ground beef
2 eggs
2/3 cup quick oats
1 package dry onion soup mix
1/2 cup ketchup

Reserve 2 Tablespoons ketchup. Combine ground beef, eggs, soup mix and remaining ketchup. Shape into a loaf.
Put in crock-pot. Top with remaining ketchup. Cover; cook on low 8 to 10 hours (high 4 to 6 hours). May be doubled for 5 quart models. Servings: 8

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342. MEATLOAF #2

1/2 cup whole milk
2 slices white bread
1 1/2 pounds ground beef
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2 eggs
1 small onion -- peeled
1 1/2 teaspoons salt
1/2 teaspoon pepper
1 teaspoon dry mustard
1 can whole tomatoes -- (12 ounce)

Place the milk and the bread in a large mixing bowl, and let stand until the bread has adsorbed all the milk. With two forks, break the bread into crumbs. Beat the ground beef into the crumbs until well mixed. make a hollow in the center of the meat and break the eggs into it. Beat the eggs a little; then grate the onions into the eggs. Add salt, pepper and mustard. Beat the eggs into the beef. Shape into a round cake and place in the slow cooker. Drain the tomatoes, and place them on the meat. Cover and cook on Low for 5 to 7 hours. Before serving, uncover the pot; turn the heat to High, and bubble away some of the sauce. It should be thick, not thin.

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343. MEATLOAF #3

1 pound extra lean ground beef
1/4 pound sausage meat
1/4 cup dark beer
1 egg
2 slices bread torn into soft crumbs
1 onion -- chopped
3 tablespoons chopped parsley
1/2 teaspoon ground black pepper
few drops Worcestershire sauce and Tabasco sauce

Combine all ingredients and gently shape into a round loaf. Place on a trivet in crockpot. Cover and cook on low, about 7 to 8 hours. Serve with tomato sauce or chili sauce. Chill leftovers and slice for sandwiches the next day.

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344. MEMPHIS PORK SUPPER

8 medium Sweet potatoes (about 3 lbs)
3 pounds Pork shoulder -- cubed
3 medium Onions -- sliced
4 medium Tart red apples -- cored and sliced into rings
2 tablespoons Brown sugar
2 cups Apple juice
2 teaspoons Salt
1 teaspoon Marjoram -- crumbled
1/4 teaspoon Pepper
Chopped parsley

Pare and quarter sweet potatoes. Trim all fat from pork; brown, a few pieces at a time, in a little of the trimmed fat in a large skillet. Remove with a slotted spoon and reserve. Arrange potatoes around edge of slow cooker; place half of meat in middle. Top each layer with half of the onion slices and apple rings; sprinkle with half the brown sugar. Repeat to make a second layer of meat and onion, overlap remaining apple rings around edge; sprinkle remaining brown sugar over. Combine apple juice, salt, marjoram and pepper in a 2 cup measure; pour over apple rings; cover. Cook on low for 8 hours or on high for 4 hours, or until pork is tender. Sprinkle with chopped parsley before serving. 8 servings.

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345. MEXICAN FLANK STEAK

2 (1-lb) flank steaks
1/2 ts Salt
1/8 ts Garlic salt
1/8 ts Pepper
1 15 oz-Can tamales in sauce
1 t Instant beef bouillon -Granules
1/4 c Hot water
8 oz Tomato sauce
ds Bottled hot pepper sauce
2 tb Cold water
4 ts Cornstarch
Shredded monterey jack cheese

Pound meat on both sides with meat mallet; sprinkle with salt, garlic salt and pepper. Unwrap tamales; place tamales and sauce in bowl. Break up tamales slightly with fork; spread over steaks. Roll up each steak jelly roll style, starting with short side; tie or skewer securely. Place in crockery cooker; dissolve bouillon in the hot water; combine with tomato sauce and hot pepper sauce. Pour over meat. Cover; cook on low heat setting for 8 to 10 hours. Lift out meat rolls; remove strings or skewers. Pour cooking liquid into saucepan; skim off excess fat. Blend the cold water into cornstarch; stir into liquid. Cook and stir till thickened and bubbly. Spoon over meat, sprinkle cheese atop each roll. 6 servings.

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346. MEXICAN PORK ROAST

2 md Onions -- chopped
2 Carrots -- peel/slice
4 1/2 lb Pork loin or shoulder roast
2 ts Salt
1/2 ts Leaf oregano
1/2 ts Cumin seed
1/2 ts Coriander
2 c Water

Place onions and carrots in crockpot. Rub pork roast with seasonings. Place on top of vegetables; add water. Cover and cook on low setting for 8 to 12 hours. Good when shredded and served in hot buttered tortillas with spicy taco sauce.

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347. MEXICAN SHORT RIBS

4 lb Beef short ribs
1/4 c Chopped green pepper
10 1/2 oz Can beef consomme
1 1/4 oz Pkg. Taco seasoning mix

In a large skillet or crock-pot with browning unit, brown short ribs; pour off excess fat. Mix beef consomme with dry taco mix; add green pepper. In crock-pot pour sauce over the ribs. Cover and cook on low for 6 to 8 hours. Makes 5-6 servings.
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348. MILWAUKEE SWEET-TART SUPPER

1 1/2 lb Low-fat turkey kielbasa; cut into 3-inch pieces
3 cn (10-oz. ea) Bavarian-style sauerkraut; rinsed and drained
3 lg Peeled Granny Smith apples; cored and cut crosswise into rings
1 md Onion, thinly sliced and separated into rings
1 cn (14.5 oz.) Fat-free chicken broth
1/2 ts Caraway seeds
8 md Peeled red potatoes; (about 3 1/2 lbs.), quartered
1/4 c (1 oz.) Shredded Swiss cheese

Place half of sausage in an electric slow cooker; top with sauerkraut, remaining sausage, apple slices, and onion rings. Pour broth over mixture, and sprinkle with caraway seeds. Cover with lid, and cook on high-heat setting for 4 hours or until apples and onions are tender. Place potatoes in a saucepan; cover with water and bring to a boil. Cook 20 minutes or until tender; drain. Arrange sausage mixture and potatoes on individual plates, and sprinkle cheese over sausage mixture. Yield: 8 servings (serving size: 1-1/2 cups sausage mixture, 1 cup potatoes, and 1-1/2 teaspoons cheese).

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349. MINCEMEAT

1 lb Lean chuck beef, cut into 1" cubes
3 c Water
2 lb Tart apples, peeled and cord
2 2/3 c Seedless raisins
1/4 lb Candied citron peel
2 ts Salt
1 tb Nutmeg
1 c Sugar
1 c Apple cider
1 tb Ground cloves
1 tb Cinnamon
1/4 lb Ground beef suet, minced
2 1/2 c Currants

Place beef in crockpot with enough water to cover. Cover and cook on low 8-10 hours, or until very tender. Turn off heat. Remove meat but leave 1 C of broth in the pot.

Put the meat through a food chopper, along with the apples, raisins, currents and citron. Add this and all the other ingredients to the broth in the crockpot. Stir well. Cover and cook on low 8-10 hours or more.

Spoon into clean, dry canning jars; seal, and store in refrigerator. Or process for 10 minutes in a boiling water bath.

Makes enough for four 8" pies.

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350. MINESTRONE SOUP

1 lb. Lean beef stew meat
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6 c. Water
1 can (28 oz.) tomatoes with liquid, cut up
1 Beef bouillon cube
1 med Onion, chopped
2 T. Minced dried parsley
2 1/2 tsp. Salt,optional
1 1/2 tsp. Ground thyme
1/2 tsp. Pepper
1 med Zucchini, thinly sliced
1 can (16 oz.) garbanzo beans, drained
1 c. Uncooked small elbow or shell macaroni
1/4 c. Grated Parmesan cheese (opt)

In a slow cooker, combine beef, water, tomatoes, bouillon, onion, parsley, salt if desired, thyme and pepper. Cover and cook on low for 7-9 hours or until meat is tender. Add zucchini, cabbage, beans and macaroni; cook on high, covered, 30-45 minutes more, or until the vegetables are tender. Sprinkle individual servings with Parmesan cheese if desired. Yield: 8 servings

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351. MIXED VEGETABLE BAKE

2 cans creamed corn; 17 oz each
2 cans green beans; cut, 16 oz each
2 cans peas; 16 oz each
1 can tomatoes; 17 oz
1/2 cup mayonnaise
1 teaspoon tarragon
1 teaspoon basil
1/2 teaspoon salt
Pepper

Combine all ingredients in removable liner, mix well to blend herbs. Place liner in base. Cover and cook on low 4-6 hours. Yield: 18 Servings

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352. MOSTACCIOLI

1 lb. Italian sausage
1 large. onion
1 cup. tomato paste
2 tbsp. sugar
1 tsp. salt
1 lb. box Mostaccioli
1 lb. hamburger
1 (12 oz.) can tomato sauce
1 1/4 cup. water
1 bay leaf
1/2 tsp. garlic powder
1 tsp. oregano
1 tsp. basil

Brown sausage and hamburger and drain off grease. Combine all ingredients, except pasta, in a slow cooker. Cook for 6 hours low heat. Cook pasta in boiling water until tender. Drain and add to sauce.

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353. MUSHROOM BARLEY SOUP

1 1/2 pounds boneless beef chuck, cut into 3/4 inch cubes
1 T cooking oil
2 cups finely chopped onion
1 cup diced carrots
1/2 cup sliced celery
1 pound fresh mushrooms, sliced
2 garlic cloves, minced
1/2 t. dried thyme
1 can (14 1/2 oz) beef broth
1 can (14 1/2 oz) chicken broth
2 cups water
1/2 cup med. pearl barley
1 t. salt, optional
1/2 t. pepper
3 T chopped fresh parsley

In a Dutch oven or soup kettle, brown meat in oil. Remove meat with a slotted spoon and set aside. Sauté onion, carrots and celery in drippings over med. heat until tender, about 5 min. Add mushrooms, garlic and thyme; cook and stir for 3 min. Put everything in crock on low all day.

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354. NACHO CHEESY CHICKEN

4 to 6 boneless, skinless chicken breasts
1 can (1-lb) diced tomatoes in juice
1 can condensed nacho cheese soup
1 can (4-oz) mild chopped green chiles
salt and pepper to taste

Combine all ingredients in the crockpot. Cover and cook on low for 7-9 hours. Serve with hot, boiled rice.
Servings: 4-6

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355. NAVAJO BEEF & CHILE STEW

3/4 pound lean beef stew meat -- cut into 3/4 " cubes
1 large onion -- chopped
2 cloves garlic -- minced
1 can {14 1/2 oz.} ready-cut tomatoes with juice
1 7 oz. can diced green chilies -- drained
1 8.5 oz. can whole-kernel corn -- undrained
1 1/2 teaspoons dried oregano leaves -- crushed
1 teaspoon ground cumin
1/2 teaspoon salt
1/4 teaspoon ground red pepper
2 tablespoons yellow cornmeal

Combine all ingredients, except cornmeal, in a slow cooker, mixing well. Cover and cook on LOW 7 to 8
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hours or until meat is tender. Turn control to HIGH. Stir in cornmeal. Cover and cook on HIGH 20 to 25 minutes.

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356. NEAPOLITAN CHICKEN

6 pounds Chicken pieces
1 large Onion -- chopped
6 medium Potatoes -- 1" cubes
2 medium Green peppers -- in strips
1/3 cup Parsley -- chopped
1 Garlic clove -- minced
3 Chicken bouillon cubes -- crushed
1/4 teaspoon Pepper
3/4 teaspoon Basil
32 ounces Spaghetti sauce -- (4 cups)

Combine all ingredients in crockpot. Cover and cook on low 6-8 hours or high 3-4 hours. 8 servings.

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357. NEW ENGLAND CHUCK ROAST

3 pounds chuck beef roast
1 teaspoon salt
1/4 teaspoon pepper
2 onions -- quartered
4 carrots -- quartered
1 stalk celery -- chop
1 bay leaf
2 teaspoons vinegar
5 cups water
3 beef bouillon cubes
1 small cabbage -- wedges
1 tablespoon instant minced onion
2 tablespoons flour
1 1/2 cups reserved beef broth
2 tablespoons prepared horseradish
1/2 teaspoon salt

Sprinkle meat with seasonings. Place onions, carrots, and celery in crockpot. Top with meat. Add bay leaf, vinegar and water. Cover pot and cook on low 5-7 hours or until meat is tender. Remove meat, turn on high. Add cabbage wedges; cover and cook on high 15-20 minutes or until cabbage is done. Meanwhile melt butter in saucepan. Stir in instant onion and flour. Drain 1-1/2 C broth out of cooking pot. Pour broth, horseradish and salt into saucepan. Cook over low heat, stirring constantly, until thickened and smooth. Serve sauce over roast with vegetables.

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358. NIPPY FRANKS

1/4 c Ketchup
1/4 c Brown sugar
1 ds Worcestershire sauce
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1/4 c Barbecue sauce
2 tb Bourbon
1/2 lb Cocktail wieners

Combine all ingredients except cocktail wieners in crock pot. Stir wieners into sauce mixture. Cover and heat 1 hour; remove lid and heat an additional hour.

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359. OKTOBERFEST SAUSAGE DINNER

1 1/2 lb Kielbasa or garlic sausage
1 Med onion, cut in wedges
20 oz Fresh or refrig. sauerkraut *
1 c Apple juice
2 Med. apples, cut in wedges
6 Med. potatoes, cut in half
Salt & pepper to taste

* I buy one bag of sauerkraut in the deli section of the supermarket - do not drain

Cut sausages into individual serving pieces. In a skillet, brown sausages. In crock pot, place onion, sauerkraut, apples and potatoes. Top with sausage. Pour apple juice over sausage. Season with salt and pepper. Cover and cook 6 hours on LOW, until potatoes are tender.

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360. ONE POT DINNER

1 pound ground beef
1 cup onion, chopped
1 can kidney beans (1 lb), drained
1 tablespoon liquid smoke
1 teaspoon salt
3/4 pound bacon; cut in small pieces
2 cans pork 'n beans (31 oz)
1/4 cup brown sugar
3 tablespoons white vinegar
Pepper

Brown meat in skillet; drain off fat and put beef in crock pot. Brown bacon and onions; drain off fat. Add bacon and onions and remaining ingredients to crock pot. Stir well. Cover and cook on low 4 to 9 hours.
Yield: 4-6 servings

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361. ONION MUSHROOM STEAK

3 lb Chuck roast; cut 1 1/2" thick
1 pk Mushroom soup mix
1 tb Minced dry onion
1 c Red wine
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Combine the onion and dry soup mix on a sheet of wax paper or foil. Roll roast in mixture well, to coat it. Place in CROCKPOT and pour wine over, cover and cook on LOW for 8 hours. Turn after 4 hours. OR cook on high for 4 hours and turn after 2 hours.

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362. ORANGE CINNAMON CHICKEN

4 lb Chicken pieces
1/4 lb Butter
1 c Chicken broth
2 c Orange juice
1 c Raisins
1/4 ts Cinnamon
Salt & pepper to taste
1 tb Flour

Heat butter in a large skillet, and brown chicken. Remove chicken pieces to cooker as they brown. Combine all other ingredients, except flour, in skillet. Mix well and pour over chicken. Cover pot, turn on LOW and cook 4-6 hrs, or until chicken is tender. Remove one cup of sauce from the pot and combine with flour, mixing well. Return sauce flour mixture to the pot. Turn pot on HIGH, and cook an additional half hour. Serves 4-6

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363. ORANGE GLAZED CARROTS

3 cups Thinly sliced carrots
3 tablespoons Butter or margarine
2 cups Water
3 tablespoons Orange marmalade
1/4 teaspoon Salt
2 tablespoons Chopped pecans

Combine carrots, water, and salt in crock pot. Cover and cook on high 2 to 3 hours or until the carrots are done. Drain well; stir in remaining ingredients. Cover and cook on high 20-30 minutes. 5 Servings.

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364. ORANGE PORK CHOPS

6 Pork chops; 1" thick
1 ts Fat
2 md Onions; sliced thin
6 oz Frozen orange juice; thawed
2/3 c Water
1 tb Lemon juice
2 tb Brown sugar
1 1/2 ts Ginger
1 ts Poultry seasoning
1 ts Marjoram
1/2 ts Accent
1/2 ts Salt
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Using a 5-qt crockpot, place fat in cooker and melt on HIGH. Add chops and turn to coat evenly with fat. Place onions on top of the chops. Combine remaining ingredients and pour over chops. Cook on LOW for 6-7 hrs.

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365. ORANGE SPICED BEEF

1 2 to 2 1/2-pound bottom round or chuck arm pot roast
Non-stick cooking spray
3 inches of cinnamon stick, broken
6 whole cloves
3 sweet potatoes (about 1 pound) or one can (18oz) sweet potatoes, drained
1 pound turnip or rutabaga, peeled and cut in 1" pieces
1 medium onion, sliced into rings and separated
3 tablespoons quick-cooking tapioca
1/3 cup frozen orange juice concentrate, thawed
1/4 cup light corn syrup
1/2 teaspoon salt

Trim excess fat from roast. If necessary cut roast to fit into a 3 1/2-quart crock pot. Spray a skillet with non-stick cooking spray. Heat skillet; brown roast on all sides. Wrap cinnamon and cloves in double-thickness cheesecloth. Gather ends of cheesecloth and tie with string. Place the bag of spices in crock pot. Wash and peel sweet potatoes (if using fresh), and cut in quarters. Place sweet potatoes (if using canned, do not add them yet), turnip, and onion to crock pot. Sprinkle tapioca over vegetables. Stir together orange juice, corn syrup and salt; pour over vegetables. Place the roast on the vegetables. If using canned sweet potatoes, place them on the roast. Cover and cook on low for 10 to 12 hours or on high for 5 to 6 hours. Discard spice bag and serve meat with cooking juices. Serves 6.

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366. PAPRIKA CHICKEN

1 4 lb chicken -- cut up
1 cup Canned tomatoes
1 Green pepper -- chopped
1 small Onion -- sliced
2 tablespoons Paprika
1 Clove garlic -- minced
1 teaspoon Salt
1/4 teaspoon Pepper
1/4 teaspoon Oregano
1/4 cup All-purpose flour
1 cup Sour cream

Put 1 1/2 cups water and all ingredients except flour and sour cream into crockpot. Stir to blend. Cover pot and cook on LOW for 9 to 10 hours until chicken is tender. Remove chicken pieces from cooker. Skim off fat. Turn control to HIGH. Blend flour with 1/4 cup cooled juices from crockpot. Mix into liquid in cooker. Stir until thickened. Blend in sour cream. Return chicken to pot. Heat through, but do not boil. Serve with noodles. 4 servings.

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367. PARMESAN CHICKEN
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8 Chicken breast halves; bone
Salt and pepper
Italian seasoning
1 cn Tomato soup
1/2 -1 can water
1 Bay leaf
1 Clove Garlic; mince
1 c Mozzarella cheese; shred
Parmesan cheese; grate
Cooked rice or noodles

Brown chicken with garlic, salt, pepper and Italian seasoning. Mix tomato soup, water, and bay leaf in crockpot. Put chicken in and cook on HIGH for 3 to 4 hours until tender. Remove chicken and sauce to casserole dish. Sprinkle with mozzarella and Parmesan cheese. Heat in 350~ oven until cheese is melted. Serve over rice or noodles.

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368. PARMESAN STEAK ROLL

2 to 3 lbs. flank or round steak,
pounded thin
1 sm. can mushroom pieces
1 sm. onion, diced
4 tbsp. Parmesan cheese
Salt to taste
Pepper to taste
1 tbsp. vegetable oil
1 1/2 c. beef bouillon
1/4 c. flour
1/4 c. water
1 tbsp. parsley flakes

Place mushrooms, onions, cheese, salt, pepper and parsley along center of steak. Beginning with the short side, roll as tightly as possible into one large roll. Fasten with string. Brown meat in oil. Place in slow cooker and add bouillon. Cover and cook on low for 7 to 10 hours (3 to 4 hours on high). Thicken cooking liquid with mixture of 1/4 cup flour and 1/4 cup water. Place roll on serving platter and pour gravy over it.

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369. PARTY HAMBURGER DIP

1 pound Hamburger
1 1/2 pounds Velveeta
1 can Ro-Tel tomatoes and chiles
1/2 Onion, diced
1 8 - 12 oz fresh mushrooms, sliced

Brown hamburger, mushrooms & onion; drain. Melt Velveeta in slow cooker. Add remaining ingredients and
simmer (high) for about 30 minutes. Serve with corn chips or crackers. Turn pot to low while serving.

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370. PARTY SNACK MIX
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3 cups thin pretzel sticks
4 cups Wheat Chex
4 cups Cheerios
13 ounces can salted peanuts
1 teaspoon garlic salt
1 teaspoon celery salt
1/2 teaspoon seasoned salt
2 tablespoons grated Parmesan cheese
1/4 cup melted butter

In large mixing bowl or slow-cooking pot, mix together pretzels, cereals, and peanuts. Sprinkle with garlic salt, celery salt, seasoned salt, and cheese. Pour melted butter over all; toss until well mixed. Cover and cook in slow-cooking pot on low 3 to 4 hours. Uncover the last 30 to 40 minutes. Serve as appetizer or snack.

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371. PASTA AND BROCCOLI

1 med. onion
1 can cream of mushroom soup
1 lb. Velveeta
1 pkg. frozen broccoli & cauliflower
1 pkg. shell noodles

Mix onion, cream of mushroom soup and Velveeta in a crockpot on high until melted. Add broccoli and cauliflower until hot. Add cooked shells right before serving.

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372. PEACH BUTTER

6 cups unsweetened peaches
3 cups white sugar
1 1/2 cups apricot nectar
2 tablespoons orange or lemon juice
1 teaspoon vanilla

Put peaches through food mill or food processor. Mix all ingredients together well and put in crock pot. Bring to a
good boil, uncover and boil until thick or 4 hours, high or low to keep it boiling. When it boils good, remove cover.

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373. PEANUT BUTTER & HOT FUDGE PUDDING CAKE

1/2 c. all purpose flour
1/4 c. sugar
3/4 t. baking powder
1/3 c. milk
1 T. vegetable oil
1/2 t. vanilla
1/4 c. peanut butter
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1/2 c. sugar
3 T. unsweetened cocoa powder
1 c. boiling water

In a bowl, combine flour, 1/4 c. sugar, and baking powder. Add milk, oil, and vanilla; stir until smooth. Mix in peanut butter. Pour into crockpot. In the same mixing bowl, stir together the 1/2 c. sugar and cocoa powder. Gradually stir in boiling water. Pour mixture over batter in CP. Do not stir. Cover and cook on high 2-3 hours or until a toothpick inserted comes out clean. Serve warm with vanilla ice cream, hot fudge sauce, and top with nuts.

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374. PEANUTTY CHICKEN BREASTS

1/4 cup peanut butter
2 tablespoons chopped peanuts
2 tablespoons soy sauce
1 tablespoon minced onions
1 tablespoon minced parsley
1 clove garlic -- crushed
several drops of red pepper sauce
1/8 teaspoon ground ginger
4 whole chicken breasts -- skinned & boned
2 tablespoons soy sauce
2 tablespoons honey
1 tablespoon melted butter
1 10 1/2 ounce chicken broth
1 tablespoon cornstarch

Mix peanut butter, peanuts, 2 tbs. soy sauce, onion, parsley, garlic, pepper sauce, and ginger. Spread on inside of each chicken breast. Fold in half; close with small skewer or a toothpick. Place in slow-cooking pot. Mix remaining 2 tbs. soy sauce with honey, butter, and broth; pour over chicken. Cover and cook on low for 4 to 5 hours. Remove chicken from pot. Turn control to high. Dissolve cornstarch in small amount of cold water; stir into sauce. Cook on high for about 15 minutes.

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375. PEPPERED MEATLOAF

2 lb Ground Chuck
1 Onion finely, chopped
8 oz Can tomato sauce
3/4 cup Crushed saltine crackers
2 tsp Worcestershire Sauce
1/4 tsp Pepper
1 cup Ketchup
1 1/2 tsp Dry mustard
1/2 lb Bulk sausage
3 cloves Garlic, minced
1/2 cup Ketchup
2 Eggs
2 tsp Seasoned salt
2 Potatoes peeled
1/3 cup Brown sugar
1/2 tsp Nutmeg

Combine all loaf ingredients except potatoes and sauce. Mix well and shape into a loaf. Place potatoes in bottom of crock pot. Top potatoes with meatloaf. Pour sauce over all. Cover and cook on low for 8 - 12 hours. Servings: 6

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376. PEPPER STEAK

2 lb Lean round steak
2 Green peppers, chopped
2 tb Minced dried onion
1 c Beef bouillon
1/4 c Soy sauce
1/2 ts Ground ginger
1/2 ts Garlic powder

Cut steak into serving size portions. Place half the steak in Crockpot. Arrange green peppers on steak. Place remaining steak on top. Mix remaining ingredients and pour over meat. Cover and cook on Low setting for 8 to 10 hours, or high for 4 to 5 hours.

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377. PEPPER STEAK WITH RICE

3 c. hot cooked rice
1 lb. round steak, cut into 1/2" thick strips
1 tbsp. paprika
2 tbsp. butter
1 1/2 cloves garlic, crushed
1 1/2 c. beef broth
1 c. onion, sliced
2 green peppers, sliced
2 tbsp. cornstarch
1/4 c. each of water and soy sauce
2 lg. tomatoes, cut (I used 1 can of stewed tomatoes)

Sprinkle meat with paprika,and brown meat in butter. Add garlic and broth and cornstarch and cover until thickens. Then add everything (except the rice) to the crock, cook for 4-6 hours. Serve over fluffy beds of rice. Servings: 4

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378. PEPSI HAM

1 3-5 lb. canned ham cut in half
1 can crushed pineapple
3/4 cup brown sugar
1 12 oz. can Pepsi or Coke

Place all of the above in a crockpot set on low. Allow to cook for 4-6 hours.

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379. PHILIPPINE CHICKEN

1 Chicken, cut up OR... 6 boneless chicken breasts, skinned
1 c Water
1/2 c Vinegar
1/4 c Soy sauce
2 or 3 cloves garlic, sliced

Put all in crockpot. Cook for 6 to 8 hours on LOW. You can also use FROZEN, boneless chicken breasts straight from the freezer without thawing them, if you reduce the water to 3/4 cup.

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380. PINEAPPLE CHICKEN

6 whole chicken breast halves without skin -- skinned and split
1 dash pepper
paprika to taste
20 ounces pineapple chunks in juice -- 1 can tidbits
2 tablespoons Dijon mustard
2 tablespoons soy sauce
1 clove garlic -- minced

Arrange chicken in bottom of crockpot. Sprinkle with pepper and paprika. In a small bowl, combine drained pineapple tidbits, mustard and soy sauce. Pour over chicken. Add minced garlic. Cover and cook on LOW 7-9 hours or HIGH 3-4 hours. Makes 6 serving.

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381. PINEAPPLE SAUSAGE & BEANS

18 oz Pineapple chunks in light syrup
30 oz Kidney beans, canned
1 lb Reduced fat Polish Kielbasa, cut 1 inch thick
2 tb Brown sugar
2 tb Cider vinegar
2 tb Flour

Mix all ingredients in slower cooker or crock pot on low setting for 5 hours or high setting for 3 hours. Stir occasionally. Serves 6.

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382. PIZZA FONDUE

1 lb. ground beef
2 cans Chef Boy-ardee pizza sauce with cheese
8 oz. grated cheddar cheese
8 oz. grated Mozzarella
1 tsp. oregano
1/2 tsp. fennel seed
1 tbsp. cornstarch

Brown ground beef and drain. Add all other ingredients place in crockpot and heat through. Serve with tortilla chips.
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383. PIZZA IN A POT

1 lb. bulk Italian sausage
1 can (28 ozs.) crushed tomatoes
1 can (15 1/2 ozs.) chili beans
1 can (15 ozs.) black beans, rinsed and drained
1 can (2 1/4 ozs.) sliced ripe olives, drained
1 medium onion, chopped
1 small green pepper, chopped
2 garlic cloves, minced
1/4 cup grated Parmesan cheese
1 Tbsp. quick-cooking tapioca
1 Tbsp. dried basil
1 bay leaf
1 tsp. salt
1/2 tsp. sugar
Hot cooked pasta
Shredded mozzarella cheese, optional

In a skillet over medium heat, cook the sausage until no longer pink; drain. Transfer to Crock Pot. Add the next 13 ingredients; mix well. Cover and cook on low for 8-9 hours or until slightly thickened. Discard bay leaf. Stir before serving over pasta. Sprinkle with mozzarella cheese if desired. Servings: 6 - 8

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384. PLANTATION PORK CHOPS

4 Pork loin chops; double-cut
1 tb Pecans; chop fine
2 c Corn bread stuffing
Salt
Pepper
2 tb Melted butter
1/4 c Corn syrup; light
1/3 c Orange juice
1/2 ts Orange peel; grated

Have butcher cut a pocket or with a sharp knife cut a horizontal slit in side of each chop forming a pocket for stuffing. Combine stuffing with butter, 1/4 tsp salt, orange juice and pecans. Fill pockets with stuffing. Sprinkle chops with salt and pepper. Place in crock pot. Brush with mixture of corn syrup and orange peel. Cover and cook on low 6 to 8 hours. Uncover; turn control to high and brush with sauce again. Cook on high for 15 to 20 minutes. 4 servings.

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385. POACHED CHICKEN

1 stewing chicken (5 to 6 lbs.) OR... 2 broiler-fryers
water
1 stalk celery (with leaves) -- halved
1 carrot -- peeled and halved
1 small onion -- halved
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1 teaspoon salt
4 sprigs parsley
1 small bay leaf
2 whole cloves
1/2 teaspoon thyme leaves

Sauce:
4 tablespoons butter or margarine
1/4 cup flour
1 cup chicken broth or bouillon
1/2 teaspoon salt
1/8 teaspoon pepper
1/4 cup parsley -- chopped
1/2 cup heavy cream
2 tablespoons butter or margarine

In slow-cooking pot, cover chicken with water. Add celery, carrot, onion and salt. Tie parsley, bay leaf, cloves and thyme in small square of cheesecloth. Add to pot. Cover and cook on low for 7 to 9 hours. Melt 4 tbs. butter in medium saucepan. Stir in flour and cook over low heat several minutes. Gradually stir in broth; simmer until smooth. Add salt, pepper, parsley, and cream. Just before serving, beat in remaining 2 tbs butter, 1tbs. at a time. Remove chicken from pot; slice and serve with creamy sauce. 6 servings.

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386. POACHED SALMON

1 1/4 lb. salmon fillet
1 tsp. chopped chives
1/2 cup chopped celery
1 bay leaf
1/4 tsp. onion powder
1/2 tsp. salt
1/2 cup apple juice
1/2 cup water
1 tbsp lemon juice

Lay salmon in crockpot. Sprinkle chives, celery and bay leaf beside salmon. Stir remaining ingredients together in bowl. Pour over salmon. Cover and cook on Low for 3-4 hours or on High for 2 hours. Cook until salmon flakes with fork. Discard bay leaf.

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387. POLISH SAUSAGE & CABBAGE

1/2 Cabbage head; course sliced
1 Potato; small; peeled/diced
1 ts Salt
1/2 ts Caraway seed
1 Onion; large; cut 1" slices
1 1/2 lb Polish sausage; cut 1" pieces
14 oz Chicken Broth

Place sliced cabbage in crockpot. Toss with diced potato, salt and caraway seed. Add sliced onion and Polish sausage. Pour chicken broth over all; stir lightly. Cover and cook on Low setting for 8 to 10 hours

(on HIGH setting for 2 to 4 hours). This dish is delicious served with mustard, horseradish and boiled new potatoes. Makes 4 servings.

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388. PORK CHOPS & GRAVY

6 Thick pork chops
Flour for dredging
2 Cloves garlic -- minced
1 can Tomato paste
1 can Mushrooms -- drained
1 can Mushroom soup -- undiluted
Garlic salt

Dredge pork chops in flour, salt and pepper, and place in crockpot. Add remaining ingredients and cook on low all day, 5-6 hours or until pork chops are tender. Serve over buttered noodles or mashed potatoes.

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389. PORK CHOPS IN MUSHROOM SAUCE

4 pork loin chops; cut 3/4 inch thick
1 small onion; thin sliced
1 can cream mushroom soup
3/4 cup white wine
1 can mushroom pieces, 4 ounces, drained
2 tablespoons quick tapioca; (heaping)
2 teaspoons worcestershire sauce
1 teaspoon beef bouillon granules
1/4 teaspoon dried thyme; crushed
1/2 teaspoon garlic powder
Rice; hot cooked

In skillet or oven brown chops. Place browned chops in bottom of crockpot. Combine all other ingredients except rice. Pour over chops. Cover. Cook on for 10-12 hours or on High for 4 1/2 to 5 hours. Yield: 4 Servings

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390. PORK CHOP STEW

6 pork loin chops
4 tablespoons flour
2 tablespoons oil
6 medium potatoes -- cubed
1 medium onion -- chopped
1 small cabbage -- cut in thin wedges
4 carrots -- diced
1/4 teaspoon salt
1/2 teaspoon pepper
2 teaspoons beef bouillon granules
1/4 cup water
1 can (14 1/2 oz.) sliced stewed tomatoes
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Optional sauce:
1/2 cup sour cream
2 tablespoons cornstarch

Trim fat from chops. Coat with 2 tablespoons flour. Brown chops in oil over medium heat. Place potatoes, onion and carrots in slow cooker. Sprinkle remaining flour over and toss to coat. Layer over potato mixture, in order, cabbage, salt, pepper, chops, bouillon, 1/4 cup water and stewed tomatoes with juice. Do Not Stir. Cover and cook on high 3 1/2-4 hours or on low for 7-8 hours. 4 servings.

Optional sauce: In small saucepan, stir sour cream and cornstarch until smooth. Measure cooking liquid and add enough water or milk to equal 1 1/2 cups. Stir into saucepan. Cook and stir over medium heat until thick and mixture comes to a boil. Serve with chops.

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391. PORK LOIN ROAST

4 lb Pork loin roast
2 pk Onion soup mix
1 pk Mushroom soup mix
1/2 c Water

Combine soup mixes. Thoroughly coat entire surface of meat with soup mix combination. Pour water into crockpot. Place roast on trivet in crockpot. Cover and cook on high 4-5 hours or low 8-10 hours.

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392. PORK & RICE

1 package pork cutlets, about 1/2-inch thick
1/2 cup flour
1 tablespoon olive oil
salt and pepper
1 medium onion chopped
1 large clove garlic, minced
1 1/4 cup rice, converted
1 3/4 cup chicken broth

Toss pork pieces with flour. In a large skillet over medium heat, brown the chops in the oil, sprinkling lightly
with salt and pepper. Add chopped onions and minced garlic; continue cooking until onion is wilted. In a crockpot, place the rice, sprinkle with parsley, then add the pork and onion mixture. Pour chicken broth into hot skillet and
stir to loosen browned bits. Pour over pork and rice in the crockpot. Cover and cook on low for 6 to 8 hours. Add frozen green peas (thawed) during the last 1/2 hour, if desired. Servings: 4

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393. PORK ROAST & VEGETABLES

1 3 lb Pork Roast -- (3 to 4)
6 Potatoes -- Halved
8 Carrots -- Cut in pieces
1/2 package Lipton Onion Soup Mix OR... 1 Onion, quartered
1 cup Water
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Prepare your vegetables. Place in the following order: carrots then potatoes and then your Pork Roast. Mix water and onion soup mix. Pour over roast. Slow-cook on slow for about 10 hours. You can substitute a beef roast. 6 servings.

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394. PORK STEW

1 lb. pork (cut up, fat removed)
2 tbsp. flour
1\4 tsp. salt and pepper
2 tbsp. oil
1 chopped onion
2 cloves garlic
2 or more chopped carrots
4 or more potatoes, cut in pieces
2 apples chopped
1/2 or 3/4 c apple juice (I used mostly frozen concentrate)
2 tsp. each Dijon mustard and vinegar
1/2 tsp. thyme
1 cup frozen peas

I floured and salted the pork, then browned in oil. I added the garlic, mustard, and vinegar to the apple juice and deglazed the pan with it. Put the vegetables then apples then the pork in the pot and sprinkled with thyme and poured the deglazing liquid over everything. Cook on low 8 hours or so. I wasn't sure about the peas so at the last minute I cooked them in the microwave and stirred them in. Enjoy!

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395. POTATO DUMPLINGS

8 med. Potatoes
1 cup bread crumbs
3 egg yolks, beaten
½ tsp. pepper
3 TBS cornstarch
1-1/2 tsp. Salt
flour

Peel potatoes and boil in salted water until soft. Drain and mash smoothly. Blend in eggs yolks, corn starch, ½ cup flour, bread crumbs, salt and pepper. Mix thoroughly and shape into dumplings. You may need to add flour to make dumplings hold together. They should have a solid feel to them. Here is where you would place them in and around the crockpot. I doubt you could overcook these guys and you will love them. Roll each dumpling in flour and drop into rapidly boiling water. Cover and cook for about 15 minutes.

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396. POTATO SLICES WITH CHEESE

2 pounds potatoes
2 cups cheddar cheese, shredded
1 c Stock
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Peel and thinly slice potatoes. In buttered crockpot, alternate layers of potatoes with cheese, lightly seasoning potatoes with salt, pepper and nutmeg as you go. Finish with cheese, dot with butter, and gently pour stock over all. Cover and bake 3 hours on High; remove cover and bake 15 minutes more. Serve from crockpot. These thin potato slices will have a crisp skin around the edges. Use this dish as a base for complete dinners by adding vegetables and meat or poultry. Yield: 8 Servings

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397. POTATO SOUP #1

6 Potatoes; pared, cut in bite size pieces
2 Leeks; washed, pared, cut in bite size pieces
2 Onions; chopped
1 Carrot; pared, sliced
1 Stalk celery; sliced
4 Chicken bouillon cubes
1 T. Parsley flakes
4 c. Water
1 1/2 tsp. Salt
Pepper
2 T. Butter
13 oz. Evaporated milk (1 can)
Chopped chives

Put all ingredients except milk and chives in crockpot. Cook on low 10-12 hours or high 3-4. Stir in milk in last hour. Serve topped with chives.

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398. POTATO SOUP #2

4 large Potatoes -- cubed
1 Med Onion -- chopped
1 T. Margarine
1 Chicken bouillon cubes
1 T. Parsley -- dry
3 c. Water
1 c. Milk
1/4 c. Flour -- mixed with water

Place ingredients 1 through 6 in the crockpot and cook all day on low to medium. 1/2 hour to one hour before serving; add milk and flour mixture. After the soup starts to thicken, it is ready to serve.

NOTE: Add 1/4 pound of Velveeta cheese for Cheese potato soup. One can evaporated milk may be substituted for the regular milk. Yield: 4 Servings

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399. POTATO STUFFED CABBAGE

1 head cabbage
5 lb potatoes -- peeled
2 onions
1/2 cup rice, raw
1 tsp dill, dried
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1/4 tsp black pepper -- ground
2 egg whites
1 can tomatoes (28 oz)
1 apple -- peeled and sliced
1/4 tsp ginger, dried -- ground

Parboil cabbage and separate the leaves. Slice off part of the heavy stalk of each leaf by slicing parallel to the leaf (do not cut into the leaf). Grate potatoes, small inner leaves of cabbage, and one of the onions. Mix together. Add rice, dill, and black pepper. Beat egg whites until frothy and add to potato mixture. Set aside two or three of the largest leaves. Fill each remaining cabbage leaf with approximately 2 Tbsp of the potato mixture. Fold up bottom of leaf, then fold in the sides, and roll up. Secure with toothpick if necessary. Slice the reserved leaves and line the bottom of crock pot with them. Slice second onion and layer on top of cabbage. Add tomatoes, apple, and ginger. Place rolled stuffed cabbages into pot. Cook at low heat for 4 to 5 hours. Serves 8.

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400. POT ROAST #1

3 1/2 lbs. beef arm or boneless pot roast
1/4 c. flour
2 tsp. salt
1/8 tsp. pepper
3 carrots, peeled, sliced lengthwise -- cut in 2" pieces
3 potatoes -- peeled and quartered
2 small onions -- sliced
1 stalk celery -- cut in 2" pieces
1 2 oz. jar mushrooms -- drained OR... 1/4 c. mushroom gravy
3 T. flour
1/4 c. water

Trim all excess fat from roast; brown and drain if using chuck or another highly marbled cut. Combine 1/4 cup flour, the salt and pepper. Coat meat with the flour mixture. Place all vegetables except mushrooms in Crock-Pot and top with roast (cut roast in half, if necessary, to fit easily). Spread mushrooms evenly over top of roast. Cover and cook on Low for 10 to 12 hours.

If desired, turn to High during last hour to soften vegetables and make a gravy. To thicken gravy, make a smooth paste of the 3 tablespoons flour and the water and stir into Crock-Pot. Season to taste before serving. Servings: 6

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401. POT ROAST #2

3 pounds beef rump/chuck roast -- (4 lb)
1 teaspoon Salt
1/2 teaspoon Seasoned salt
1/4 teaspoon Seasoned pepper
1/4 teaspoon Paprika
1 tablespoon Instant minced onion
1 cup Beef bouillon

Rub all sides of meat with salt, seasoned salt, seasoned pepper, and paprika. In crockpot, combine seasoned beef with onion and bouillon. Cover and cook on low 8 to 10 hours or until meat is tender. Remove from pot; slice. Makes 6 to 8 servings. If gravy is preferred, thicken juices with flour dissolved in a small

amount of water after removing meat from pot. If desired, vegetables such as potatoes, carrots, small white onions, or celery may be added with bouillon and cooked the same time as meat.

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402. PUFF PUDDING

1/4 c butter
1/2 c sugar
1 t grated lemon rind
2 egg yolks
3 T lemon juice
2 T all-purpose flour
1/4 c Post Grape-Nuts Cereal
1 c milk
2 egg whites, stiffly beaten

Thoroughly cream together butter, sugar, and lemon rind. Add egg yolks; beat until light and fluffy. Blend in lemon juice, flour, cereal, and milk. (Mixture will look curdled, but this will not affect finished product.) Fold in beaten egg whites. Spoon into crockpot, lightly sprayed with cooking spray. Cook on high for 1/2 hour then reduce to low for 1 1/2 hours or until top springs back when lightly touched or knife inserted into the middle comes out clean. When done, pudding has a cake-like layer on top with custard below. Serve warm or cold. Makes 4 servings.

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403. PULLED PORK WITH ROOT BEER BBQ SAUCE

1 2-1/2- to 3-pound pork sirloin roast
1/2 teaspoon salt
1/2 teaspoon pepper
1 tablespoon cooking oil
2 medium onions, cut into thin wedges
1 cup root beer
2 tablespoons minced garlic
3 cups root beer (two 12-ounce cans or bottles)
1 cup bottled chili sauce
1/4 teaspoon root beer concentrate (optional, can be found in the spice section)
Several dashes bottled hot pepper sauce (optional)
8 to 10 hamburger buns, split (and toasted, if desired)
Lettuce leaves (optional)
Tomato slices (optional)

Trim fat from meat. If necessary, cut roast to fit into crockery cooker. Sprinkle meat with the salt and pepper. In a large skillet brown roast on all sides in hot oil. Drain. Transfer meat to a 3-1/2-, 4-, or 5-quart electric crockery cooker. Add onions, the 1 cup root beer, and garlic. Cover; cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Meanwhile, for sauce, in a medium saucepan combine the 2 cans or bottles of root beer and bottled chili sauce. Bring to boiling; reduce heat. Boil gently, uncovered, stirring occasionally, about 30 minutes or until mixture is reduced to 2 cups. Add root beer concentrate and bottled hot pepper sauce, if desired. Transfer roast to a cutting board or serving platter. With a slotted spoon, remove onions from juices and place on serving platter. Discard juices. Using two forks, pull meat apart into shreds. To serve, line buns with lettuce leaves and tomato slices, if desired. Add meat and onions, spoon on sauce. Makes 8 to 10 servings.

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404. PUMPKIN CUSTARD

1 can (16oz) pumpkin
2 1/2 tsp. pumpkin pie spice
2 tsp. vanilla
1 can evaporated milk
3/4 c. sugar
1/2 c. Bisquick
2 TBSP margarine (melted I suppose)
2 eggs

Spray crockery with non-stick spray. Beat ingredients together until smooth. Pour into crockery. Low 6-8 hours High 3-4 hours Spoon into cups and top with cool whip.

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405. RANCH POTATOES

1 bag (24oz ea) of frozen hash browns, semi-thawed
1 8oz pkg. cream cheese
1 envelopes Hidden Valley Ranch dressing mix
1 cans cream of potato soup

Put potatoes in crock pot. Mix remaining ingredients in a bowl and add to potatoes. Stir well. Cook on low 7-9
hours. Stir before serving.

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406. RANCH STYLE BEANS

1 lb. ground beef
1 envelope green onion dip mix
2 16-oz cans pork and beans in tomato sauce
1 16-oz can kidney beans, drained
1 c. catsup
2 Tbsp. prepared mustard
2 tsp. vinegar

Brown ground beef; drain. In crockpot, combine ground beef, dry dip mix, undrained pork and beans, drained kidney beans, catsup, mustard, and vinegar. Cover and cook on low for 3-4 hours.

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407. RASPBERRY FUDGE BROWNIES

1/2 cup margarine or butter
2 ounces unsweetened chocolate
2 eggs
3/4 cup sugar
1/3 cup seedless raspberry jam
1 teaspoon vanilla
3/4 cup all-purpose flour
1/4 teaspoon baking powder
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vanilla ice cream -- optional
chocolate ice cream topping -- optional
fresh raspberries -- optional

Generously grease two 1-pint straight-sided, wide mouth canning jars. Flour the greased jars; set aside. In a saucepan melt margarine or butter and chocolate over low heat. Remove from heat, Stir in eggs, sugar, jam , and vanilla. Using a spoon, beat lightly just until combines. Stir in flour and baking powder. Pour batter into prepared jars. Cover jars tightly with greased foil, greased side down. Place jars in crockpot. Pour 1 cup water around jars. Cover; cook on high for 3 to 3 1/2 hours or until a toothpick inserted near centers of brownie rolls comes out clean. Remove jars from crockpot; cool for 10 minutes. Using a metal spatula, loosen brownies from sides of jars. Carefully remove rolls from jars. Place rolls on their sides on a wire rack; cool completely. To serve, cut each roll into 6 slices. If desired, serve with ice cream, ice cream topping, and fresh raspberries.

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408. RED BEANS & RICE

1 lb Red kidney beans -- soaked overnight in water
1 1/2 c White rice
16 oz Tomato, stewed
1 Ham hock
1 t Basil
1 t Thyme
1 Onion -- chopped
2 Garlic cloves OR... 1/4 ts Garlic powder
White pepper -- to taste
Salt -- to taste

I put the everything in the crockpot at the same time, except for the rice. Turn on high for 4 hours, then on low for 6 hours. During the last 1 1/2 hour,put in the rice. The final ingredient is about 1/2 cup of white wine. You can add this whenever. It is optional, of course. My husband really likes it spicy so he adds 1/8 tsp red pepper. Enjoy!

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409. RED-COOKED POT ROAST

2 Large onions, cut in half, sliced along grain
1 cn (16 oz.) peeled tomatoes, including liquid
4 Carrots, peeled and cut into 1" diagonal chunks
4 Ribs celery, cut into diagonal slices
4 lb Chuck roast, trimmed of excess fat
1/2 c Soy sauce
1 c Sherry
1 ts Sugar
4 Cloves garlic, peeled and flattened
3 Whole star anise
1/2 ts White pepper

Place vegetables in bottom of slow-cooker. Add meat. Mix soy sauce, sherry, sugar, garlic, star anise and pepper. Pour over meat and vegetables. Cover and cook at low for 10 to 12 hours or at high for 5 to 6 hours, until fork tender.

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410. REFRIED BEAN DIP

20 oz Can refried beans
1/4 ts Salt
1 c Shredded cheddar cheese
2 tb Bottled taco sauce
1/2 c Chopped green onions
Tortilla chips

In crockpot combine beans with cheese, onions, salt, and taco sauce. Cover and cook on low for 2 to 2-1/2 hours. Serve hot from the pot with tortilla chips.

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411. REUBEN CASSEROLE

1 (8 oz.) pkg. noodles, cooked
1 can corned beef
3 1/2 c. sauerkraut
6 slices American cheese
16 oz. sour cream
1 (10 1/4 oz.) can cream of chicken soup
6 slices Swiss cheese

In a buttered quart crock pot, layer half the noodles, half the meat, all the sauerkraut, all the American cheese. Mix the sour cream and the chicken soup together and layer half of the soup mixture. Then layer the rest of the noodles, meat, soup mixture and then lastly the Swiss cheese. Cook on high for 2 hours, so that it bubbles well. Turn down to low for 1 or 2 hours. It helps to stir before serving, to mix the layers together some.

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412. REUBEN DIP

1 can sauerkraut
1 (8 oz.) cream cheese
1 (6 oz.) shredded Swiss cheese
2 pkgs. (3 oz. each) Buddig corned beef
2 Tbsp. Thousand Island Dressing

Drain sauerkraut, mix with cream cheese and Swiss cheese. Add diced corned beef and Thousand Island dressing. Either microwave or heat on stove until cheeses are melted. Serve warm in either fondue pot or small crock pot. Serve with Bretton Crackers or cocktail rye bread.

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413. RIBS & KRAUT

3 lbs. Lean pork spareribs cut in serving pieces
1 Glass jar sauerkraut with caraway seed
1/2 Head cabbage -- grated
1 large Onion -- sliced thin
1 Granny Smith apple (cored and sliced)
1/2 cup Water
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1/2 cup Light white wine

Sprinkle the ribs with salt and pepper and brown under broiler. Put alternating layers of meat, kraut, cabbage, onion, and apple in slow cooker. Mix water and wine and pour over. Cook on low setting 8-10 hours. Servings: 6

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414. RICE PUDDING

2 1/2 c. cooked rice
1 1/2 c. scalded milk
2/3 c. white or brown sugar
3 eggs, beaten
1 tsp. salt
2 tbsp. vanilla
1 tsp. cinnamon
1 tsp. nutmeg
1/2 c. raisins
3 tbsp. soft butter

Combine all ingredients. Pour into lightly greased crockpot. Cook on high 1 to 2 hours. Stir during first 30 minutes. Recipe can be doubled.

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415. ROAST BEEF

5 lb Chuck roast
2 cn French Onion Soup
16 oz Beer
2 oz Whiskey
2 Beef bouillon cubes

Braise roast in 400F. oven for one hour. Add all ingredients together with roast in crock pot. Stir a bit and simmer 4-5 hours. Note: Roast can be cut up in chunks to fit in crockpot- after simmering total time it will be very tender and broken in pieces. May be served on buns with Au Jus or with potatoes and vegetables. 6 servings.

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416. ROAST WITH SOUR CREAM GRAVY

3 lbs. chuck or pot roast
2 tbsp. flour
1 tsp. salt
1/4 tsp. pepper
1 tbsp. oil
1/4 c. water
1 tbsp. vinegar
1 tsp. dill weed
5 or 6 sm. potatoes
5 or 6 carrots
1/2 tsp. salt
1 lg. onion
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1 tbsp. flour
1 c. sour cream
1 tsp. dill seed

Coat roast with flour, salt and pepper. Brown in oil in skillet. Put roast in crock pot, add water and vinegar. Sprinkle dill weed over meat, then add potatoes, carrots, onion and 1/2 teaspoon salt. Cook on low for 10-12 hours or high for 6 hours. To make gravy, pour off 3 tablespoons drippings, add flour and heat. Measure rest of drippings, add water to make 1 cup. Add to flour mixture and heat for 1 minute, stirring constantly. Add 1 cup sour cream and dill seed. Heat to boiling.

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417. ROSEMARY CHICKEN WITH PASTA

2 medium onions -- sliced or chopped
2 teaspoons bottled minced garlic OR... 4 cloves garlic -- minced
12 ounces chicken breasts or thighs -- skinless & boneless
1 can diced tomatoes -- (16 ounces)
1 can tomato paste -- (6 ounces)
2 tablespoons wine vinegar
2 bay leaves
1 teaspoon sugar
1/2 teaspoon dried rosemary -- crushed
1/4 teaspoon salt
1/4 teaspoon pepper
1 can sliced mushrooms (4 ounces) -- drained
8 ounces pasta (such as penne, mostaccioli, or elbow macaroni)
Parmesan cheese -- grated

In a 3-1/2- to 4-1/2-quart crockery cooker place the onions and garlic. Rinse chicken; pat dry with paper towels. Add chicken to cooker. In a mixing bowl combine undrained tomatoes, tomato paste, vinegar, bay leaves, sugar, rosemary, salt, and pepper; mix well. Pour over chicken. Cover and cook on low-heat setting for 7 hours or on high-heat setting for 3-1/2 hours. When ready to serve, remove bay leaves. Stir mushrooms into chicken mixture; cook for 5 to 10 minutes more to heat through. Meanwhile, cook pasta according to package directions. Serve the chicken and sauce over the hot cooked pasta; sprinkle with Parmesan cheese. 4 servings.

NOTES : You'll love the aroma of this steaming meal when you walk through your door after being away for the afternoon. As the meal finishes cooking, toss together a spinach salad with blue cheese crumbles, croutons, and Italian salad dressing. bake a batch of brown-and-serve rolls, too, if you worked up an extra-hearty appetite while away from home.

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418. ROUND STEAK SUPREME

4 lb Round steak -- cut in serving size pieces
1 c Fresh mushrooms
1 cn Cream of chicken soup
1 cn Beefy mushroom soup
1/2 c Undiluted evaporated milk

Brown meat and place in crock pot. Combine remaining ingredients and pour over meat. Cook on low heat 8 to 10 hours. Serve with mashed potatoes or rice. 8 servings.

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419. ROUND STEAK WITH RICH GRAVY

2 1/2 lb Round steak
10 1/2 oz Cream of mushroom soup
1 1/2 oz Pkg onion soup mix
1/4 c Water

Cut steak into 5 to 6 serving size pieces. Place in crock-pot. Add dry onion soup mix, water, and condensed mushroom soup. Cover and cook on low for 6 to 8 hours. Excellent when served with mashed potatoes... Makes 5 to 6 servings.

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420. RUBY CHICKEN

2 pounds chicken pieces
1 onion, medium, chopped
2 tablespoons oil
2 teaspoon salt
1 teaspoon pumpkin pie spice
1 can orange juice, frozen
2 teaspoons orange rind, grated
3 cups cranberries
1 cup sugar

Add browned chicken and onions and other ingredients to crockpot. Cook till done. Yield: 4 Servings

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421. SACRAMENTO BEEF POT

4 pounds Roast -- (beef blade or chuck)
1 medium Onion -- sliced
6 medium Potatoes -- halved
6 small Zucchini -- sliced
1 Red pepper -- sliced in rings
1 cup Red wine or beef broth
2 teaspoons Salt
1/4 teaspoon Pepper
1 Bay leaf
3 tablespoons Flour
1/3 cup Cold water

Trim all excess fat from meat. Brown beef in its own fat in a large skillet; remove and set aside. Drain all but 2 tablespoons fat from skillet. Saute onion until soft in fat. Place meat, sauteed onion, potato, zucchini, red pepper rings, wine, salt, pepper and bay leaf in slow cooker; cover. Cook on low for 10 hours or on high for 5 hours, or until meat is tender when pierced with a fork. Place meat and vegetables on heated platter and keep warm. Turn heat control to high. Combine flour and water in a cup; pour into liquid in slow cooker; cover. Cook 15 minutes; pass sauce separately in heated gravy boat. 8 servings.

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422. SAGE DRESSING

Non stick spray
7 c Dry bread cubes or unseasoned croutons
1 c Freshly chopped onion
1 c Chopped celery
3 c Apple; chopped, unpeeled
1/4 c Fresh parsley, minced
1 ts Salt
1/4 ts Paprika
1/2 ts Rubbed sage
1/2 ts Dried thyme
1 c stock

Spray walls of slow-cooker. Combine remaining ingredients and pour into slow cooker. Cover and cook on high setting for one hour, stir well; cook on low 2-3 hours.

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423. SALISBURY STEAK

1 pound round steak
1 can mushrooms; drained
1/2 cup onions; chopped
1/2 teaspoon sugar
2 tablespoons tapioca; heaping
1/2 teaspoon salt
1 can cream of tomato soup
2 teaspoons red wine vinegar
Salt & pepper; to taste
1/4 teaspoon ground cloves

Spray crockpot with Pam. Put onions and mushroom in bottom of crockpot. Cut all fat off of round steak and cut into four to six pieces; place on top of vegetables. Combine and add remaining ingredients. Cover crockpot and turn heat to Low. Cook for 8-10 hours. Yield: 3 Servings

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424. SALISBURY STEAK AND MUSHROOM GRAVY

1 lb. ground beef
1 large onion, divided (1/2 finely diced, 1/2 sliced)
1 clove garlic, minced
1 egg
1/2 cup Italian bread crumbs
1 Tbsp. approx. Worcestershire sauce
2 tsp. beef base
2 cups water
1/4 lb. mushrooms

Place ground beef in mixing bowl. Add diced onion, garlic, egg, bread crumbs, Worcestershire sauce, salt and pepper to taste. Mix well but gently. Form meat into 4 oblong patties. Set aside. Place in hot skillet to brown. While browning, boil 2 cups water, add the beef base, pour into the crockpot. When meat has browned on both sides, place into crockpot. Add sliced onion 1/2, and mushrooms to skillet drippings and heat through. Add to crockpot. Cover and cook all on high for about 3 hours. Servings: 4

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425. SALMAGUNDI

1 1/2 to 2 pounds ground beef
1 green bell pepper, chopped
1 medium onion, chopped
3 ribs celery, chopped
2 carrots, shredded or finely diced
3 medium cloves garlic
1 can (16oz) black beans, drained and rinsed
1 can (16oz) corn, drained
1 can (16oz) diced tomatoes, undrained
1/4 cup chopped green pimiento-stuffed olives
1/2 teaspoon cinnamon
1/2 teaspoon salt
2 to 3 dashes hot pepper sauce
pepper, to taste

Brown the ground beef; place in crockpot. Add remaining ingredients; mix to combine. Cover and cook on low for 8 to 10 hours (or high for 4 to 5). Serve with mashed potatoes or rice. Serves 4 to 6.

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426. SALMON BAKE

3 cans Salmon; 1 lb each
4 c Bread crumbs; soft, 10 slices
1 cn Tomatoes in puree; 1 lb.
1 Green pepper; chopped
3 ts Lemon juice
1 cn Cream of onion soup; 10 3/4 ozs.
2 Chicken bouillon cubes, crushed
6 Eggs; well beaten
1 cn Cream of celery soup; 10 3/4 ozs.
1/2 c Milk

Grease crockpot well. Combine all ingredients, except cream of celery soup and milk, in crockpot. Cover and cook on low 4-6 hours. Combine cream of celery soup with 1/2 cup of milk and heat in saucepan. Use as sauce for salmon bake.

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427. SALSA

10 plum tomatoes (Italian/Roma)
2 jalapeno peppers
1 small onion
2 cloves of garlic

Core the tomatoes and make a slice in the side of two of them, push a peeled clove of garlic inside and toss them all whole in crockpot. You can use the peppers without removing the seeds just cut off stems, or if you don't like salsa really hot, cut them in two and remove seeds...toss them in crockpot. Cut the onion into quarters and toss it in too. Cook on high setting 2 1/2 to 3 hours or until vegetables are tender...some may
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brown a bit but that's ok...gives a roasted flavor. When vegetables are tender, ladle the hot mix into a blender, add 1/2 teaspoon salt and 1/4 cup fresh cilantro leaves. Blend, chill and enjoy! (this makes a smooth salsa...if you like it chunkier...just blend half of the veg. with the cilantro and salt. Then pulse the rest a couple times just till chopped a bit...mix all together.) Makes about 4 cups.

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428. SALSA CHICKEN WITH BRUSSELS SPROUTS

4 pieces chicken thighs without skin
1/2 teaspoon garlic powder
1/2 teaspoon lemon pepper
16 ounces tomatoes with green chiles
32 ounces brussels sprouts
1 jalapeno -- sliced paper-thin
1 cayenne pepper -- sliced paper-thin

This can cook all day for 7 hours on LOW heat in crockpot. I pre-cook the chicken with the garlic powder and lemon pepper in the microwave for 10 minutes on MEDIUM. Place chicken in crockpot top with tomatoes with green chiles, hot peppers and brussels sprouts. Serve with rice or alone. 4 servings.

NOTES : For those of you who don't like spicy food, substitute a mild salsa in place of tomatoes with green chiles and omit jalapeno & cayenne pepper.

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429. SAUCY CUBE STEAKS

3 cube steaks
1 can cream of mushroom soup
1/2 envelope onion soup mix
1/4 cup water

Stir together soup, mix, and water. Place all ingredients in crockpot; simmer on low all day; serve sauce over rice or mashed potatoes. Yield: 3 Servings

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430. SAUERBRATEN

5 1/2 pounds Pot roast or rump roast
2 1/2 cups Water
1 1/2 cups Red wine vinegar
2 medium Onions -- sliced
1 Lemon -- sliced
1 tablespoon Sugar
3 Beef bouillon cubes -- crush
1/4 teaspoon Ginger -- ground
12 Cloves -- whole
6 Bay leaves
6 Pepper corns
1/2 cup Onion -- Chopped
1/2 cup Carrot -- chopped
1/4 cup Celery -- chopped
1 cup Gingersnaps -- broken
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In removable liner, combine water, vinegar, sliced onions, sliced lemon, sugar, bouillon cubes, ginger, cloves, bay leaves and peppercorns. Add meat. Cover and refrigerate 36 to 72 hours, turning meat occasionally. The longer the meat marinates, the spicier it gets. Remove meat from marinade; strain marinade, reserve one cup. Place chopped vegetables in bottom of removable liner; place meat on vegetables; pour reserved cup of marinade over all. Place liner in base. Cover and cook on auto 7-8 hours or on low 9-11 hours or on high 5 hours. Remove meat to carving board and let sit 15 to 20 minutes for meat to firm before carving. Add gingersnaps to liquid in cooker and cook on high for 15 to 20 minutes. Slice meat and ladle on sauce. 10 servings.

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431. SAUERKRAUT DINNER

2 lb. pork shoulder
1 c. barley
1 c. sauerkraut
2 1/2 c. water

Cut pork in 2 inch chunks. Brown slowly to render out excess fat. Put in crockpot, add one half of kraut, do not rinse, add the barley, the rest of the kraut, then the water. Cook on high for one hour, on low for six to eight hours. Serve with French bread, and applesauce. This is very mild. People who never liked sauerkraut, like this.

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432. SAUSAGE-APPLE STUFFING

1 1/2 cup chopped onion
1 1/2 cup diced celery
1 1/2 cup chopped granny smith apples (peeled or not)
12 cups dried bread cubes
1 1/2 teaspoon rubbed sage
1 teaspoon salt
1/2 teaspoon pepper
1/2 cup water or chicken broth
1 cup (2 sticks) butter or margarine, melted
8-16 oz. ground pork sausage, to taste

Brown and drain sausage. Combine sausage with all ingredients except butter and water/broth. Toss with butter and water/broth. Spoon into 5-quart slow cooker. Cover and cook on low for 4-5 hours, stirring once. Makes about 12 servings.

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433. SAUSAGE & POTATOES

1 1/2 Pounds smoked sausage -- sliced thickly
2 Pounds hash brown potatoes -- not thawed
5 green onions -- sliced
pepper -- to taste
garlic powder -- to taste
1 Can cheddar cheese soup
10 oz milk
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Combine sausage, hash browns, green onions, pepper and garlic powder in well-buttered crockpot. Stir gently to mix. Whisk together soup and milk. Pour over ingredients in crockpot. Cook on low for about 6 to 8 hours. 8 servings.

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434. SAUSAGE SPLIT-PEA SOUP

1 lb Smoked sausage; sliced medium thin (turkey smoked sausage preferred)
1 Onion; lrg, chopped fine
1 Potato; lrg, scrubbed and diced (don't peel it)
1 lb Split peas
1 Bay leaf
1/2 ts Black pepper
7 c Water

Combine everything in a crock pot and cook on low for at least 8 hours. Stir thoroughly before serving. To thicken the soup a bit without adding calories, puree about 2 cups of the soup in a food processor and stir it back into the soup.

Italian variation: Pre-cook 1 pound of sweet or hot Italian sausage by steaming 15 minutes in about 1/2 inch of water in a skillet or by cooking at 5-minute intervals in a microwave oven. When cool enough to handle, slice the sausage and proceed as above, adding 1/2 tsp. of Italian seasoning. This Italian version has such a lively flavor, it even tastes good on a summer day!

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435. SCALLOPED POTATOES

10 lg Potatoes; thinly sliced
2 lg Onions; chopped
2 cans Cheddar cheese soup; 11 ozs. each
1 c Milk

In a small bowl, combine soup with milk. In crockpot, layer one half the potatoes and one half the chopped onions; spread one half the soup-milk mixture. Repeat layering using rest of ingredients. Cover and cook on low for 6-8 hours or high for 3-4 hours.

VARIATION: Potatoes O'Brien: Prepare same as above, but add 1 chopped pepper and 2 chopped pimientos to the chopped onion.

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436. SCALLOPS IN WINE SAUCE

1/4 c Butter
1/4 c Dry white wine
2 tb Parsley; minced
1 tb Shallots OR... green onions;chopped
2 tb Pale dry sherry
1 lb Scallops
1/2 lb Mushrooms; thinly sliced
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Combine butter, wine, parsley, shallots and sherry in crockery pot. Cook, uncovered, on high until sauce bubbles and is reduced slightly. Add scallops and mushrooms. Cover. Cook 10 to 15 minutes on high, or until cooked through.

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437. SEAFOOD FONDUE

2 cans (10 3/4 oz each) condensed cream of celery soup
2 c. grated sharp process cheese
1 c. chunked cooked lobster
1/2 c. chopped cooked shrimp
1/2 c. chopped cooked crabmeat
1/4 c. finely chopped, cooked scallops
dash paprika
dash cayenne pepper
1 loaf of French bread, cut into 1 inch cubes.

Combine all ingredients except bread cubes in lightly greased Crock-Pot; stir thoroughly. Cover and cook on High for 1 hour or until cheese is melted. Turn to Low for serving. Using fondue forks, dip bread cubes into fondue. About 1 1/2 qts.

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438. SEAFOOD NAPLES

2 cn Shrimp; 4 1/2 oz each, drain
2 cn Tuna; 9 1/4 ozs each
2 cn Crab meat; 6 1/2 oz. each; drain, remove cartilage
1 cn Pimiento; 7 1/2 oz; drain, dice
1/3 c Parsley; chopped
3 c Instant rice; uncooked
2 cn Cream of mushroom soup
3 c Water
1 c Dry white wine
1 tb Onion; chopped
2 ts Dill weed
1/2 ts Paprika
1/2 ts Tabasco sauce

Place first six ingredients in crockpot. Combine soup with next six ingredients. Pour into crockpot and mix well. Cover and cook on low 3-4 hours.

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439. SEASONED BEEF IN SAUCE

2 lb Round steak
1/4 c Flour
1/2 ts Salt
1/4 ts Pepper
2 Onions
1 tb Worcestershire sauce
1 t Curry powder
1 t Molasses
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1/2 ts Powdered ginger
1 c Water
1 c Sour cream
2 tb Horseradish sauce

Combine flour, salt and pepper. Cut round steak into cubes. Toss meat cubes with flour mixture. Brown in a little hot oil. Put in crockpot, add sliced onions, Worcestershire sauce, curry, molasses, ginger and water. Cover and slow cook 6 hours. Just before serving add sour cream mixed with horseradish. Serve with rice, peas and cottage cheese/pear salad. 6 servings.

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440. SELF FROSTING CHOCOLATE CAKE

2 ¼ cups chocolate. fudge pudding cake mix
3/4 cup water
3 Tbs. oil
1/4 cup warm water
2 eggs
1/3 cup walnuts
1/4 cup chocolate syrup
3 Tbs. sugar

Combine cake mix, ¾ cup water, oil and eggs. Beat 2 minutes. Pour into greased cake pan. Sprinkle nuts over batter. Blend together chocolate syrup, ¼ cup water and sugar. Spoon syrup mixture evenly over batter. Cover, Bake in covered crock-pot on high for 2 hours or until tests done.

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441. SESAME PORK RIBS

3/4 cup packed brown sugar
1/2 cup soy sauce
1/2 cup ketchup
1/4 cup honey
2 Tbs. cider or white vinegar
3 garlic cloves, minced
1 tsp. ground ginger
1 tsp. salt
1/4 to 1/2 tsp. crushed red pepper flakes
5lbs country style pork ribs
1 medium onion, sliced
2 Tbs. sesame seeds, toasted
2 Tbs. chopped green onion

In large bowl, combine, the first nine ingredients. Add ribs and turn to coat. Place the onion in slow cooker; arrange ribs on top. Cover and cook on low for 5-6 hours. Place ribs on serving platter; sprinkle with sesame seeds and green onion. Makes 6 servings.

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442. SHELL MACARONI CASSEROLE

1 LB lean ground beef
1 small onion, chopped
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1 tsp. salt
1/4 tsp. garlic powder
1 tsp. Worcestershire sauce
1/4 cup flour
1 1/4 cup hot water
2 tsp. beef bouillon
2 tbs. red wine
6 oz shell macaroni
1 can (2oz) sliced mushrooms, drained
1 cup dairy sour cream

In skillet cook ground beef and onion until red color disappears. Drain meat and place in slow-cooker. Stir in salt, garlic powder, Worcestershire sauce, and flour. Add water bouillon, and wine; mix well. Cover and cook on low for 2 to 3 hours. In the meantime, cook macaroni according to package directions. Add cooked macaroni, mushrooms, and sour cream to slow-cooker; stir to mix ingredients. Cover and cook on high for 10 to 15 minutes. Serves 4.

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443. SHEPARD PIE

3 medium russet potatoes
salt, pepper, garlic powder to taste
1 pound ground beef
1/2 cup chopped onion
1 can cream of mushroom soup
1 teaspoon beef flavor concentrate
1 can (14-15 oz) green beans, drained
shredded cheddar cheese, for topping

Spray crockpot with cooking spray. Scrub about 3 medium russet potatoes and cut into smallish chunks, leaving the skin on. (If you cut the spuds into too large a size pieces, they will take too long to cook since everything else is basically done.) This made one layer on the bottom of my 5-quart crockpot. Season spuds with salt, pepper and garlic powder to your own taste.

Brown 1 pound of ground beef with 1/2 chopped onion, drain fat. Put on top of spuds. Mix one can of Campbell's Cream of Mushroom soup with 1 tsp beef concentrate flavor. (The one I bought from my Safeway store is called "Better Than Bouillon" made by Superior Touch and stocked in the broth section.) Drain one 14 or 15 ounce can of cut green beans and put in crockpot. Cover and cook on high for 3 hours, stirring a couple of times. Turn to low and sprinkle shredded cheddar cheese on top and cook for 30 minutes or so. Makes 4 servings.

Notes: My husband thought that this dish could have used more green beans. We dished it up, poured catsup on top and felt it to be as yummy tasting as when we were kids and our moms made something similar.

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444. SHERRIED BEEF

3 Pounds Chuck or round steak -- cubed
2 Cans Cream of mushroom soup
1 Package Onion soup mix
1/2 Cup Sherry
2 Cans Mushrooms OR... use fresh

Place all ingredients into a crock pot. Do not stir. Let cook all day on low. This is a good make ahead dish, especially for working people. It tastes really good. Serve with rice or buttered noodles. 8 servings.

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445. SHERRIED CRAB MEAT

2 13-ounce cans crab meat (or equal amount fresh or frozen)
2 l0-ounce cans golden mushroom or cream of mushroom soup
6 tablespoons butter
1/4 cup dry sherry
1/2 teaspoon Worcestershire
1/2 cup light cream sauce
Salt and pepper
3 green onions with tops, finely chopped
2 eggs, beaten

Remove any cartilage or shell from crab meat; break into pieces and place in CROCK-POT. Add all remaining ingredients except eggs. Stir gently. Cover and cook on High 1 hour, then on Low 2 to 3 hours. Stir in eggs during last hour. Serve over hot toast or in patty shells.

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446. SHREDDED BEEF SANDWICHES

1 (3-1/4-pound) lean, boneless chuck roast
1/3 cup white vinegar
1/2 teaspoon salt
1/4 teaspoon ground cloves
1/8 teaspoon garlic powder
1 large onion, cut into 8 wedges
3 bay leaves
9 (1-1/2-ounce) hamburger buns, split
9 lettuce leaves

This recipe produces its own "au jus"--a delicious, hot dip for the sandwiches. Cooked in a slow cooker, it's perfect for a busy day. Trim fat from roast. Place roast and next 6 ingredients in a slow cooker. Cover and cook over low heat for 11 hours or until roast is tender. Remove roast from slow cooker; let stand 10 minutes. Separate roast into bite-size pieces, and shred meat with 2 forks; set aside. Strain cooking liquid; discard solids. Cover and freeze at least 1 hour. Skim fat from surface of cooking liquid; discard. Place cooking liquid in a saucepan, and bring to a boil; remove from heat. Line bottom halves of buns with a lettuce leaf; top each with shredded beef and top half of bun. Serve hot cooking liquid as a dipping sauce. Yield: 9 servings.

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447. SHRIMP CREOLE

2 tablespoons margarine
1/3 cup onions -- chopped
2 tablespoons buttermilk biscuit mix
1 1/2 cups water
1 can tomato paste (6 oz)
1 1/2 teaspoons salt
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1 dash pepper
1/4 teaspoon sugar
1 bay leaf
1/2 cup celery -- chopped
1/2 cup green pepper -- chopped
2 pounds frozen shrimp - thawed, shelled and cleaned OR... 3 cans shrimp (5 oz) - rinsed and drained
Cooked rice

In skillet, melt butter, add onion and cook slightly . Add biscuit mix and stir until well blended. Combine remaining ingredients except shrimp and rice and add with onion mixture to crock pot; stir well. Cover and cook on low setting for 7 to 9 hours . One hour before serving turn to high setting and add shrimp. Remove bay leaf and serve over hot fluffy rice. 6 servings.

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448. SIRLOIN TIPS WITH MUSHROOMS

1/2 cup flour
1 teaspoon salt
1/8 teaspoon pepper
4 pounds beef sirloin tips
1/2 cup chopped shallot
1/2 pound mushroom -- sliced
1 can beef broth
1 teaspoon Worcestershire sauce
2 teaspoons tomato paste
1/4 cup dry red wine
3 tablespoons flour
buttered noodles

Combine 1/2 cup flour with the salt and pepper and toss with beef cubes to coat thoroughly. Place in crockpot. Add shallots and mushrooms. Combine beef broth, Worcestershire sauce, and tomato paste. Pour over beef and vegetables; stir well. Cover and cook on low for 8 to 12 hours or on high for 4 to 6 hours. One hour before serving, turn to high setting. Make a smooth paste of red wine and 3 tablespoons flour; stir into crockpot, mixing well. Cover and cook until thickened. Serve over hot buttered noodles. 8 servings.

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449. "SLIGHTLY" ITALIAN CHICKEN

Pam or other veg. spray
4 large boneless chicken breasts (Remove all skin)
1 can mushroom pieces, drained
1 can artichoke hearts, drain
1 bunch green onions, chopped

Sauce:
1 tablespoon quick-cooking tapioca, heaping
2 tablespoons fresh lemon juice
1 teaspoon dried oregano
1 teaspoon garlic powder
1 envelope chicken bouillon
1/3 cup Italian salad dressing
1/2 cup white wine

1 teaspoon worcestershire sauce

Spray crock inside with Vegetable Spray. Place drained mushrooms, drained artichoke hearts and chopped green onions in bottom of crockpot. Sprinkle vegetables with a heaping Tablespoon of quick-cooking tapioca and 1 envelope of chicken bouillon. If you're using granulated bouillon, use about a heaping teaspoon. Place well-washed and dried boneless chicken breasts (all skin and fat removed). Combine remaining sauce ingredients and pour on top of chicken and vegetables. Cover and set crockpot on High. Cook 5-6 hours or until tender. The tapioca thickens the sauce while it cooks (you can't even guess the tapioca is in there later). Yield: 4 Servings

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450. SLOPPY JANES

1 pk Frankfurters; about 10, sliced
1 cn Baked beans; 28 oz
1 ts Prepared mustard
1 ts Instant minced onion
1/3 c Chili sauce
6 Frankfurter buns; toasted

In crockpot, combine frankfurters with beans, mustard and chili sauce. Cover and cook on low 2-3 hours. Spoon over toasted frankfurter buns.

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451. SLOPPY JOES

3 pounds ground beef
2 onions; finely chopped
1 green pepper; chopped (opt.)
2 cans tomato sauce (8 oz. ea)
1 cup water
2 packages Sloppy Joe seasoning mix
Salt to taste

Brown ground beef in skillet. Pour into colander and rinse well. Put into crockpot. Add onions, green pepper, tomato sauce and water. Stir thoroughly. Salt to taste. Cover and cook on LOW for 8 to 10 hours. If too much liquid, remove cover for about an hour. Yield: 12 Servings

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452. SMASHED BEEF

3 lbs. Beef Stew Meat
6 TBSP. Butter
3 TBSP. Brown Sugar
6 Tsp. Worcestershire Sauce
1 Tsp. Black Pepper
3 Tsp. Minced Onion
1 Tsp. Garlic Powder
1 Tsp. Beau Monde Seasoning (Found by the spices)

In crockpot, brown meat and butter (on high). Add remaining ingredients and continue cooking. Mixture should be boiling. Cover and boil for 2-3 hours, stirring occasionally (on high). Mixture will be very juicy
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as it's cooking. After the first hour, be sure there is plenty of juice. If necessary, add water. Meat will begin to "shred" as you stir after the second hour. At this point, you should reduce heat to low and keep it simmering. Use a potato masher to completely shred the meat. Be sure to keep plenty of juice in mixture so as not to scorch it. When meat is shredded, it's ready to serve. Cook no more than 3 hours! Serve on sub buns or hard rolls. I added a slice of mozzarella cheese and some sautéed pepper and onions on a sub bun. Was wonderful! Can dip in juice! Try this!

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453. SMOKED SAUSAGE STEW

1 LB smoked sausage in 1/2" slices (or whatever size you prefer)
3-4 medium potatoes (peeled or not as you like), cut into approx. 1" cubes
1 15 oz. can green peas, undrained
1 15 oz. can chopped tomatoes, undrained (may use plain, Italian seasoned, etc.)
1 can French onion soup....or 2 cubes beef bouillon, 2 T onion flakes and 1-1/2 cups water

Dump it all in the crockpot and cook on low for 5-6 hours.

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454. SMOKY BEEF 'N' BEANS

1 lb. ground beef
1 cup chopped onion
12 bacon strips, cooked and crumbled
2 cans (16 oz. each) pork and beans
1 can (16 oz.) kidney beans, rinsed and drained
1 can (16 oz) butter beans, drained
1 cup ketchup
1/4 cup packed brown sugar
3 tbsp. vinegar
1 tsp. liquid smoke, optional
1/2 tsp. salt
1/4 tsp. pepper

In a skillet, cook the beef and onion until meat is no longer pink, drain. Transfer to a slow cooker. stir in the remaining ingredients. Cover and cook on low for 6-7 hours or until heated through. Yields- 8 servings

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455. SMOKY BRISKET

3 to 4 lbs. Lean beef brisket
1 Tbs. smoke flavored salt
2 medium onions, sliced
1 tsp. celery seed
1 Tbs. mustard seed
1/2 tsp. pepper
1 (12 oz.) bottle chili sauce (1 cup)

Sprinkle both side of meat with smoke flavored salt. Arrange onion slices in bottom of slow cooking pot. Top with meat. Combine celery seed, mustard seed, pepper and chili sauce. Pour over meat. Cover and cook on low for 10 to 12 hours or until tender. Serves 8 to 10.
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456. SMOTHERED CHICKEN

4 whole breasts, boneless and skinless
12 ounces mushrooms, fresh
1 can cream of mushroom soup
1 can cream of chicken soup
1 can french onion soup
Celery; chopped or baby corn; etc.

Cut chicken breasts into stew size chunks, and sauté while washing and cutting mushrooms in half. Then simply add all ingredients to chicken in crockpot and simmer all day 'til dinner. Serve over rice, noodles or potatoes. Yield: 4 Servings

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457. SMOTHERED STEAK

1 1/2 pounds round steak -- cut in strips
1/3 cup flour
1 teaspoon salt
1/4 teaspoon pepper
1 large onion -- sliced
2 green peppers -- sliced
16 ounces canned tomatoes
10 ounces canned mushrooms -- drained
2 tablespoons molasses
3 tablespoons soy sauce
10 ounces frozen green beans -- french

Put steak, flour, salt and pepper in crockpot. Stir well to coat meat with flour. Add all remaining ingredients, cover and cook on high for 1 hour. Reduce heat to low and cook for another 8 hours. Serve over rice. Servings: 6

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458. SOUR CREAM CHILI BAKE

1 pound Ground beef
1 can Pinto beans -- drained (15 oz)
1 can Enchilada sauce (10 oz)
1 can Tomato sauce (8 oz)
1 cup Shredded process American cheese
1 tablespoon Instant minced onion
1 cup Water
4 cups Corn chips
1 cup Sour cream
1/2 cup Shredded process American cheese

In a skillet, brown ground beef; drain. Transfer meat to crock pot. Stir in beans, enchilada sauce, tomato sauce, 1 cup of cheese, onion and 1 cup of water. Reserve 1 cup of corn chips, crush the remaining chips and to the meat mixture. Cover: cook on low-heat for 8 to 10 hours. To serve, top with sour cream, remaining cheese, and reserved corn chips. 6 servings.
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459. SOUR CREAM FISH BAKE

1 1/2 lb. swordfish or halibut steaks
salt & pepper
1 tbs. salad oil
1 drained No. 2 can white potatoes and/or 1 cup cooked green beans
1/4 cup minced onions
3 peeled med. tomatoes sliced
1 c. sour cream
1/2 tsp. dry mustard
1 tbs. lemon juice
1/4 tsp. salt
1/8 tsp. pepper
Paprika

Sprinkle fish with salt and pepper. Spread 1-tbs. salad oil on bottom of crockpot, lay fish on top of oil and spread with the other 1 tbs. of salad oil. Put next 3 ingredients in crockpot in order given. Mix sour cream with next 4 ingredients. Pour over tomato slices; sprinkle with paprika. Bake on High for 1 hour then Low for 4-6 hours. May be doubled for large crockpot.

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460. SOUTHERN-STYLE GREEN BEAN & POTATO CASSEROLE

4 to 6 medium red potatoes, sliced about 1/4" thick (peeled or not)
4 to 5 cups whole fresh green beans, trimmed
6 slices bacon, diced fried and drained
2 tablespoons minced dried onion
1 can 98% fat free cream of celery soup
salt and pepper to taste

Place sliced potatoes and green beans in crockpot; add other ingredients. Cover and cook on low 7 to 9 hours.
Serves 4 to 6.

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461. SOUTHWESTERN BEEF & BEANS

1 lb Dried pinto beans
6 c Water
1/2 lb Salt pork -- cut up
1 lb Chuck steak -- 1-inch cubed
1 Red chili pepper
1 Medium onion -- chopped
2 Cloves garlic -- minced
1 6 oz can tomato paste
1 1/2 tb Chili powder
1 t Cumin seeds
1/2 ts Marjoram
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Soak beans in water overnight. Brown salt pork in skillet; drain off fat in paper towels. In slow-cooking pot, combine soaked beans (with water), browned pork and remaining ingredients. Cover and cook 1 hour on high; reduce heat to low and cook an additional 8 to 9 hours. 8 servings.

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462. SPAGHETTI MEAT SAUCE

1 lb lean ground beef
1 large onion, chopped
1 clove garlic, minced
2 (1 lb) cans tomatoes, chopped
1 (12 oz) can tomato paste
1 cup beef broth
2 tablespoons minced fresh parsley
1 tablespoon brown sugar
1 teaspoon dried oregano leaves
1 teaspoon dried basil leaves
1 teaspoon salt
1/4 teaspoon pepper
Cooked spaghetti, noodles, or other pasta

Break up piece of meat with a fork. Combine meat in a slow cooker with remaining ingredients. Cover and cook on low 6-8 hours. Serve over hot spaghetti, noodles, or other pasta. 6-8 servings

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463. SPAGHETTI SQUASH

2 cups water
1 spaghetti squash, a size which will fit in crockpot

With a skewer or large fork, puncture several holes in the squash. Pour water in the crockpot, add the whole squash. Cover and cook on low for 8 to 9 hours. Split and remove seeds, then transfer the "spaghetti" strands to a bowl. Serve tossed with butter and salt and pepper, Parmesan cheese or your favorite sauce.

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464. SPANISH BEEF STEW

1 1/2 lbs. beef for stew
3 potatoes (med. size)
2 med. size onions
2 green peppers
1 can petite peas
1 can sliced mushrooms
8 oz. bottle French dressing
1/2 cup wine

Put beef in crock pot, cut up potatoes, onions and green peppers and put them in. Pour French dressing in. Pour wine into French dressing bottle and shake well, then pour into crock pot. Cook on low setting for 8 hours and 30 minutes. Before serving, put in peas and mushrooms that have been drained of water.

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465. SPANISH COCIDO

2 lbs. top round of beef, cut into 1- by 1/2-inch squares
3 tbls. olive oil
1/2 lb. andouille sausage
1 medium onion, finely chopped
2 large cloves garlic, minced
1 small bay leaf
1/4 tsp. marjoram
1/8 tsp. thyme
1 (8-oz.) can Ro-tel tomatoes
2 cups beef stock
2 (1-lb.) cans chickpeas
Salt and pepper to taste
1/4 cup dry sherry

Sauté beef in oil in heavy pan until lightly browned; add andouille, onion, garlic, bay leaf, marjoram and thyme. When onion is limp and golden, remove all to slow cooker. Add tomatoes and stock. Puree one can of chickpeas and add to mixture. Cover pot and cook on low heat for 5 hours. Drain second can of chickpeas and add to stew; cook 30 minutes more. Season with salt and pepper and add sherry just before serving. Makes 6-8 servings.

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466. SPANISH PORK STEW

1 lb Pork shoulder butt
1 lb Tomatoes
4 md Potatoes
1 Bell pepper
2 tb Vinegar
3 Garlic cloves, crushed
1 c Stock
1 Bay leaf
1 md Onion, chopped

Cut pork into large chunks. Coarsely chop tomatoes. Peel potatoes and cut into thick chunks. Seed, core, and thinly slice bell pepper. Brown pork in 2 tb oil if desired. Layer ingredients in crockpot in order; cook until meat is tender, about 10 hours.

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467. SPANISH RICE

2 pounds ground chuck or beef
1 medium onion -- chopped
1 green pepper -- chopped
1 (28 oz.) can stewed tomatoes
1 (16 oz.) can tomato sauce
1 1/2 cups water
2 1/2 teaspoons chili powder (or to taste)
2 teaspoons seasoned salt (or to taste)
2 tablespoons Worcestershire sauce
2 cups raw rice -- converted

3 stalks celery -- chopped

Brown beef in skillet and drain off fat. Put all ingredients in crock pot. Stir thoroughly. Cover and cook on Low 7 to 9 hours or on High 3 hours. Stir in cheese and sprinkle on top (if desired). 4 servings.

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468. SPICY BEEF & POTATOES

2 lb. stew beef
1 - 14 1/2 oz. can of Italian stewed tomatoes
1/2 cup red wine
1 - 2lb. bag of baby potatoes
3 cloves garlic minced
1 tsp each of oregano, cumin and chili powder
1/2 c. BBQ sauce
1/4 c. salsa
2 c. frozen corn
l tsp. salt
1/8 tsp pepper
2 Tb. flour or cornstarch

Mix salt/pepper/flour with beef and brown beef in 1 Tbsp. of oil in skillet. When browned on all sides, remove from pan and set aside. Place baby potatoes in the bottom of the crockpot. Combine all ingredients except corn and cook on low for 7 hours, high for 4 hours, Add corn during the last hour, If it is too thin, thicken with cornstarch and water mixture.

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469. SPICY GLAZED MEATLOAF

3/4 c. spicy ketchup (if you can't find this, stir 1 tsp hot pepper sauce into ketchup;
1 1/2 lbs. lean ground beef
3/4 c. packaged seasoned breadcrumbs
1/4 c. grated Parmesan cheese
1/2 c. finely chopped onion
1 large egg
1 1/2 Tbsp. Worcestershire sauce
2 tsp. minced garlic
1 tsp. salt
1/2 tsp. ground pepper

To ease removal of the meat loaf from the cooker, fold two 24"-in-long pieces of aluminum foil in half lengthwise, then in half lengthwise again. Place strips across each other, forming a "+" in bottom of 3-qt. or larger slowcooker. Press strips against inside of cooker, letting ends hang over the outside. In a large bowl, mix 1/2 cup ketchup with remaining ingredients until well blended. Form into a 7x 4 1/2 x 2-in. loaf. Place in cooker; spread top and sides of loaf with remaining 1/4 cup ketchup. Cover and cook on high 4 hours or on low 8 to 10 hours, or until a meat thermometer inserted in center of meat loaf registers 160 degrees F.

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470. SPICY WINE POT ROAST

salt and pepper
1 small onion -- chopped
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1 Package brown gravy mix -- (3/4 ounce)
1 cup water
1/4 cup catsup
1/4 cup dry red wine
2 teaspoons Dijon style mustard
1 teaspoon Worcestershire sauce
1/8 teaspoon garlic powder
4 pounds Beef pot roast

Sprinkle meat with salt and pepper and place in crockpot. Combine remaining ingredients and pour over meat. Cover and cook on low 8-10 hours. Remove meat and slice. If you want you can thicken sauce with flour dissolved in a small amount of water and serve over meat or as a side dish for potatoes. 6 servings.

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471. SPINACH CASSEROLE

2 pkgs. frozen spinach pieces, thawed
2 c. cooked noodles
1 c. shredded cheese
1 can cream of mushroom soup
1/2 c. onion, chopped
1/4 c. butter or margarine

Combine all ingredients in crockpot. Cover and cook 4-6 hours on low. Serves 8.

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472. SPINACH SOUFFLE

2 Pounds frozen spinach -- thawed and drained
¼ Cup grated onion
8 Ounces light cream cheese -- softened
½ Cup mayonnaise
½ Cup shredded cheddar cheese
2 eggs -- beaten
¼ Teaspoon white or black pepper
1 Dash nutmeg

Mix thawed and drained spinach together with onion. Beat remaining ingredients and blend in spinach mixture. Spoon mixture into a lightly buttered 3 1/2-quart crock-pot (or soufflé dish to fit in a larger crock-pot) and cook on high for 2 to 3 hours.

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473. SPLIT PEA SOUP

1 (16 oz.) pkg. dried green split peas, rinsed
1 hambone, or 2 meaty ham hocks, or 2 c. diced ham
3 carrots, peeled & sliced
1 med. onion, chopped
2 stalks of celery plus leaves, chopped
1 or 2 cloves of garlic, minced
1 bay leaf
1/4 c. fresh parsley, chopped (optional)
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1 tbsp. seasoned salt (or to taste)
1/2 tsp. fresh pepper
1 1/2 qts. hot water

Layer ingredients in slow cooker, pour in water. DO NOT STIR. Cover and cook on high 4 to 5 hours or on low 8 to 10 hours until peas are very soft and ham falls off bone. Remove bones and bay leaf. Serve garnished with croutons. Freezes well.

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474. SPOON PEACHES

1/3 c. white sugar
1/2 cup brown sugar
2 tsp. melted margarine
1/2 can evap milk
3/4 c. Bisquick
2 eggs
2 cups peaches-mashed
2 tsp. vanilla
3/4 tsp. cinnamon

Spray crockery with non-stick spray. Combine sugar and Bisquick. Add eggs and vanilla. Add margarine and milk. Add peaches and cinnamon. Pour into crockery. Cook on low 6-8 hours

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475. SQUASH CASSEROLE

Taking 8 SMALL squash, I cut them in half, seeded them, and put them cut side down in a roasting pan with about 1/2" of water and baked them for 40 minutes at 375 degrees until very tender. Scoop the squash out of the shell and mash thoroughly with an electric mixer, adding:

1/4 c bourbon (or your could use rum)
1/2 c brown sugar
1/2t fresh grated nutmeg
1/2 t cinnamon
4T butter
2 eggs
1/2 cup half and half
1/4 t orange extract
salt and pepper

After whipping well, taste and adjust seasoning. Pour into a buttered crockpot and heat on high for about 3-4 hours or until slightly firm in the center. Mixture will be like cake batter when you pour it in and firmer when cooked, thanks to the egg. Serve by garnishing with mandarin orange sections scattered in a nice pattern on the top and some chopped parsley for color contrast.

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476. STEAK IN BEER

2 lb Round steak
1/2 Garlic clove
Flour
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1/4 c Oil
1 1/2 ts Salt
1/8 ts Pepper
1 Onion; chopped
1 c Tomato sauce
1 c Beer

Rub the steak with garlic on both sides. Cut into serving pieces and dredge in flour. Heat oil in a skillet and brown the steak on both sides. Season with salt and pepper and place in the crockpot. Saute the onions in the skillet and pour over the meat. Add the tomato sauce and the beer to the crockpot and cover. Cook on LOW for 6 to 8 hours.

NOTE: Even those who don't like the taste of beer will really enjoy the taste of this dish!!

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477. STEAK ROULADE

2 pounds flank steak
1 teaspoon salt
1 teaspoon pepper, or to taste
3/4 cup onion, chopped
3/4 cup bacon, chopped
1/4 cup water

Trim fat off steaks. Season with salt and pepper. Mix onion and bacon, spread over each steak. Roll steaks (as you'd do for a jelly roll), tie rolls tightly in several places with a string. Put steaks into slow cooker. Add water. Cover pot. Cook on LOW for 8 hrs. If you want to serve this with gravy, remove meat when done, and thicken liquid with a mixture of flour and water and cook it in crock pot set at High for 15 minutes. Yield: 6 Servings

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478. STEAK SOUP

1 ground beef steak; browned and drained
4 cans beef consommé (10 oz ea)
1/2 cup carrots; diced
1/2 cup celery; diced
1 can whole tomatoes; chopped
1 1/2 teaspoon Kitchen Bouquet
2 beef bouillon cubes
1/2 teaspoon black pepper
1 package frozen mixed vegetables, 16 ounces
1/2 cup onions; diced
1/2 cup butter
1/2 cup flour

Place all ingredients except butter and flour into crockpot and cook at low for 6 to 8 hours. One hour before serving raise temperature to high. Prepare a roux with the butter and flour. Add to pot and let cook for another hour. Yield: 8 servings.

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479. STEAK WITH VEGETABLE GRAVY

3/4 cups finely chopped carrot
3/4 cups finely chopped onion
1/2 cup finely chopped celery
1/4 cup finely chopped green pepper
1 2-pound beef round steak cut 3/4" thick
1/2 cup ketchup
1 tablespoon vinegar
2 tablespoons all-purpose flour

In crock pot place carrot, onion, celery and green pepper. Trim excess fat from meat; cut into 6 equal pieces. Place meat atop vegetables. Sprinkle with salt and pepper. Combine ketchup, vinegar, and 1/3 cup water; pour over meat. Cover and cook on low-heat setting for 8-10 hours. Servings: 6

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480. STEAMING HOT HOLIDAY PUNCH

3 c Apple juice
3 c Orange juice
6 c Cranberry juice cocktail
3/4 c Maple syrup
2 ts Powdered sugar
1 1/2 ts Ground cinnamon
3/4 ts Ground cloves
3/4 ts Ground nutmeg
Cinnamon sticks; *see note

* Cinnamon sticks are optional but make a very pretty addition as stirrers in steaming hot mugs of punch.

Combine all the ingredients in a very large heavy pan, except the cinnamon sticks. Bring to a boil and turn to simmer for few minutes. You can put the ingredients in a crockpot after it has boiled and keep warm over low heat.

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481. STEWED RHUBARB

4 c Rhubarb; 2-inch pieces
1/2 c To 3/4 c Sugar
1/2 c Water
2 tb Butter
1/2 ts Vanilla

Place the rhubarb in the slow cooker along with the sugar and water. Cover and cook on Low for 6 to 8 hours. Remove the cover, turn off the heat, and stir in the butter and the vanilla. Chill before serving. Makes 6 to 8 servings.

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482. STRAWBERRY-RHUBARB COBBLER

2 1/2 cups sliced rhubarb
1 1/2 cups sliced strawberries
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3/4 cup sugar
1/2 cup water
2 teaspoons lemon juice
2 tablespoons cornstarch mixed with just enough cold water to make a smooth paste
1 cup + 1 tbsp. flour (or use self-rising flour and omit baking powder)
3 tbsp. sugar
1 1/2 tsp. baking powder
1/4 tsp. salt
1/4 cup cold butter
1/2 cup milk or half & half

Combine fruit, sugar, water, and lemon juice in crockpot. Cover and cook on low 4 to 5 hours. Mix cornstarch with
a little cold water and add to mixture. Turn to high. Blend dry ingredients. Cut butter in until mixture is grainy; mix milk in until just moistened. Drop small amounts over fruit mixture. Cover and cook for about 1 hour on high.

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483. STREUSEL POUND CAKE

1 pkg pound cake mix (16 oz) size
1/4 cup packed brown sugar
1 tablespoon flour
1/4 cup finely chopped nuts
1 teaspoon cinnamon

Mix cake mix according to package directions. Pour batter into well greased and floured 2 pound coffee tin. Combine sugar, flour, nuts, cinnamon and sprinkle over cake batter. Place can in crockpot. Cover top of can with 8 layers of paper towels. Cover pot and bake on high 3 to 4 hours.

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484. STRIPED MEATLOAF

3/4 pound Mild Italian Sausages
2 Eggs
1/2 cup Milk
2 slices Bread
1 teaspoon salt and Worcestershire
1 teaspoon Dry Mustard
1 teaspoon Beef Stock
1 small Onion
1 1/2 pounds Ground Chuck
1/4 cup Catsup
1 teaspoon Dijon-style Mustard
1 1/2 tablespoons Brown Sugar
4 large Boiling Potatoes
2 teaspoons Butter -- softened

Simmer sausages in water to cover 10 min. Drain. Place eggs, milk, bread, salt, Worcestershire, dry mustard, stock base and onions in blender container. Cover. Blend until smooth. Place ground meat in mixing bowl. Pour in blender contents. Mix until smooth. Pat half of meat loaf mixture in bottom of crockery pot. cover with sausages. Top with remaining meat loaf. Pat to seal. Combine catsup, mustard,

and brown sugar. Spread over meat. Peel potatoes. Cut in strips (French Fry style). Coat well with butter and place around meat. Cover. Cook on high 1 hr. and reduce to LOW and cook for 6 hrs. 8 servings.

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485. STUFFED CABBAGE

1 large cabbage head
2 pounds ground beef
1 teaspoon salt
1/4 teaspoon pepper
1 can tomatoes; whole in puree, 1 lb. 12 ozs.
1 cup rice, cooked
1/3 cup brown sugar
2 beef bouillon cubes
1/4 teaspoon pepper
2 tablespoons mixed pickling spice

To soften cabbage, remove core and steam 20 to 30 minutes; cool; separate leaves from head. Season meat with salt and pepper and ½ cup tomato liquid; add rice and mix well. Place tomatoes and remaining tomato liquid into removable liner; add sugar, then bouillon cubes, pepper and the pickling spices tied in a square of cheesecloth. Place 2 to 3 tablespoons meat mixture into center of each cabbage leaf; fold leaf, envelope style, over meat mixture. Place cabbage rolls in tomato sauce in liner. Place liner in base. Cover and cook on auto 7 to 8 hours; or low 9 to 11 hours or on high 5 to 6 hours. Remove pickling spices. Yield: 6 Servings

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486. STUFFED GREEN PEPPERS

6-8 fresh green peppers
1-2 lb hamburger
1 onion, sliced
1/4 teaspoon salt
1/4 teaspoon pepper
1 egg
1 slice white bread
1 can whole tomatoes

Combine hamburger, onion, salt, pepper and egg in large mixing bowl. Pull apart bread into small pieces and add to
hamburger mixture. Clean and remove seeds and white membrane from green peppers. Stuff peppers with hamburger mixture. Place peppers into crockpot and pour tomatoes, undrained, over meat. Cook on low for 6-12 hours or on high for less than 6. Any remaining meat mixture can be shaped into small loaf and cooked along with peppers in crockpot.

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487. STUFFED PORK CHOPS

4 Double pork loin chops
Salt and pepper
1 cn Whole corn; drained (14 oz.)
1 sm Onion; chopped
1 sm Green pepper; chopped
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1 c Fresh bread crumbs
1/2 ts Oregano; or sage
1/3 c Raw converted rice
1 cn Tomato sauce (8 oz.)

Cut pocket in each chop, cutting from the edge almost to the bone. Lightly sprinkle with salt and pepper. In bowl combine all ingredients except chops and tomato sauce. Pack this into pockets in pork chops. Secure with wooden picks. Pour any remaining stuffing into crock-pot. Moisten top of each chop with tomato sauce. Add stuffed chops to Crock-pot, stacking, if necessary to fit in crock. Pour any remaining tomato sauce over top. Cover and cook on Low setting 7-10 hrs. or until done. To serve, remove chops to heatproof platter and mound loose vegetable-rice mixture in center.

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488. STUFFED TURKEY BREAST

1/4 cup margarine; melted
1 onion; chopped
1/2 cup celery; chopped
2 1/2 ounces bacon croutons
1 cup chicken bouillon
2 tablespoons parsley; minced
1/2 teaspoon poultry seasoning
5 pounds turkey breast
1 teaspoon salt
1/2 teaspoon pepper
1/2 cup dry white wine (optional)

Combine margarine, onion, celery, croutons, bouillon, parsley and poultry seasonings. Cut turkey breast in thin slices from breastbone to ribcage, leaving slices attached to the bone. Sprinkle turkey with salt and pepper. Soak cheese cloth (about 24x36" for each turkey breast) in wine (or water). Set turkey on cheesecloth. Stuff bread mixture into turkey. Fold one end of cheesecloth over the other to cover meat. Place on metal rack in crockpot. Cover pot and cook on low 7-9 hours or until tender. Pour additional wine over turkey while cooking. (I have cooked the giblets for gravy and used this in place of wine to soak the cloth, and also for basting the turkey). Remove from pot and take cheesecloth off immediately. If browner breast is desired, remove from pot and brown in 400 degree oven for 15-20 minutes. Let stand 10 minutes. Drippings may be thickened for gravy as desired. Serve each person one or more thick slices of turkey with dressing in between. Yield: 4 Servings

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489. SUNSHINE DRUMSTICKS

12 Drumsticks -- skinned
1 can Frozen Orange juice (not reconstituted)
1 Jalapeno pepper or mild pepper-sliced
3 tablespoons Honey
2 tablespoons Quick Cooking tapioca
1/4 teaspoon Salt
1 teaspoon Dried onion flakes

Place chicken in crockpot. In small bowl combine orange juice, honey, tapioca, chili or jalapeno pepper, salt , onions. Pour over chicken. Cover and cook on low about 5 hours or until tender. Spoon sauce over chicken. 4 servings.

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490. SWEDISH CABBAGE ROLLS

12 lg Cabbage leaves
1 lb Ground beef
1 Egg; beaten
1 c Cooked rice
1/4 c Milk
1 cn Tomato sauce; 8 oz
1/4 c Onion; chopped fine
1 tb Brown sugar
1 ts Salt
1 tb Lemon juice
1/4 ts Pepper
1 ts Worcestershire sauce

Immerse cabbage in large kettle of boiling water until limp, drain. Combine egg, milk, onion, salt, pepper , beef, and cooked rice. Place about 1/4 c meat mixture in center of cabbage leaf; fold in sides and roll ends over meat. Place in crock pot. Combine tomato sauce with brown sugar, lemon juice and worcestershire sauce. Pour over cabbage rolls. Cover and cook on low 7 to 9 hours. Makes 6 servings.

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491. SWEDISH MEATBALLS

3 c Bread crumbs
1 1/2 c Milk
3 lb Ground chuck
3 Eggs; beaten
1 lg Onion; chop fine
1/4 ts Nutmeg
1/2 ts Allspice
3 Beef bouillon cubes
2 ts salt
2 cn Beef broth
1 1/4 ts Dill weed
1/4 ts Pepper

Soak bread crumbs in milk. Combine crumb mixture with meat, eggs, add next four ingredients. Shape into balls. Place on baking pan and brown in preheated oven for 15 minutes. Place meat balls in crockpot and add broth, dill weed and pepper. Cover and cook on low 4 hours.

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492. SWEDISH STEAK

2 1/2 lb Boneless round steak
1 Bouillon cube -- crumbled
3/4 c Water
Salt and pepper
1/4 c Flour
1 ts Dill weed
1 md Onion -- sliced
1 c Sour cream
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Cut steak into serving-size pieces. Sprinkle with salt and pepper. Place in a crock-pot. Add dill, onion, bouillon cube and 1/2 cup water. Cover and cook on low for 6 to 8 hours. Remove meat. Thicken juices with flour dissolved in 1/4 cup cold water. Turn control to high; cook 10 minutes or until slightly thickened. Stir in sour cream. Turn off the heat. Serve sauce over meat, with mashed potatoes or noodles. 6 servings.

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493. SWEET POTATO CASSEROLE

2 cans {16 oz. each} sweet potatoes or Yams, drained and mashed
1/2 cup milk
1/4 cup dry sherry
6 Tbsp. butter or margarine, softened
1 tsp. freshly grated lemon peel
1/2 tsp. salt
1/4 tsp. nutmeg
Dash cayenne pepper
4 eggs

In a bowl, beat sweet potatoes, milk, sherry, and butter with an electric mixer, until smooth. Add remaining ingredients and beat well. Pour into greased crockpot. Cover and cook on HIGH setting for 1 hour, then turn to LOW setting for 3 to 4 hours.

Sweet Potato Casserole Topping:
1 stick of melted butter or oleo (I use 1/2 a stick)
1 or 1 1/2 cup brown sugar
1/2 cup chopped pecans
2 cups corn flakes

I may add cinnamon if I am in the mood. These amounts are approx. because I always just put the dry ingredients in a bowl, then pour the butter over and stir. Add more nuts if desired or use walnuts. It is really good, but I have never tried it in the crock-pot before, but cooked in the oven it tastes like praline. YUM!!!

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494. SWEET & SOUR CABBAGE

4 bacon slices, diced
1/4 cup packed brown sugar
2 tbsp. all-purpose flour
1/2 tsp. salt
1/8 tsp. pepper
1/4 cup water
1/4 cup vinegar
1 medium head red cabbage, shredded(about 8 cups)
1 small onion finely chopped

In a skillet, cook bacon until crisp; reserve drippings. Combine 1 tbsp. drippings in a slow cooker with remaining ingredients, except cooked bacon. Cover and cook on LOW 6 1/2 to 7 hours or until cabbage is tender. Spoon into serving bowl; sprinkle with reserved bacon.

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495. SWEET & SOUR CHICKEN

1 carrot; cut in pieces
1 green pepper; cut in pieces
1 medium onion; quartered
4 boneless chicken breasts
3 tablespoons instant tapioca; (heaping)
8 ounce Pineapple chunks; canned (DO NOT DRAIN the pineapple, include the juice in the crockpot)
2 tablespoons candied ginger OR... minced fresh ginger
1/3 cup dark brown sugar; packed
1/3 cup red wine vinegar
1 tablespoon soy sauce
1 teaspoon instant chicken bouillon
1/2 teaspoon garlic powder
1 medium green pepper; strips
10 fresh cilantro leaves; opt.
Rice; hot, cooked

Put vegetables in bottom of crockpot. Sprinkle tapioca over vegetables. Place chicken atop vegetables. Combine all other ingredients except rice in a small bowl. Pour over chicken. Cover crockpot and turn to low and cook for 8-10 hours. Serve over rice. Yield: 4 Servings

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496. SWEET & SOUR PORK

2 lb Cubed pork
3 tb Soy sauce
1/4 c Vinegar
1 sm Onion, sliced
2 Tomato, cut in slices
2 tb Cornstarch
1/4 ts Ginger
1/4 c Brown sugar, packed
2 Green peppers, cut into -strips

In slow cooker mix pork with cornstarch. Then mix in remaining ingredients except green pepper and tomatoes. Cook on low for 8 hours. Stir in green pepper and tomatoes. Cook on high for 10 minutes.

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497. SWEET & SOUR PORK CHOPS WITH KRAUT

2 Potatoes, wash & slice
1/4 c Onion -- chopped
1 1/2 c Sauerkraut, rinsed & drained
1 tb Brown sugar
1/2 c Unsweetened pineapple juice
2 Thick pork chops, trimmed
Pepper

Put potatoes in crockpot. Top with chopped onion. Combine sauerkraut, (1 can) with brown sugar and pineapple juice. Spoon over potatoes. Top with pork chops which have been trimmed of fat. Season with

pepper to taste. Cover and cook on low 8-10 hours. Serve with rye bread and microwave baked apples. 2 servings.

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498. SWEET & SOUR PORK STEAKS

4-6 pork shoulder steaks
1 tablespoon cooking oil
1 can (15 ounces) crushed pineapple
1/2 cup chopped green pepper
1/2 cup water
1/3 cup brown sugar
2 tablespoons ketchup
1 tablespoon quick-cooking tapioca
3 teaspoons soy sauce
1/2 teaspoon dry mustard

In skillet, brown pork steaks on both sides in hot oil. Drain fat. Transfer to any size crockpot. In a bowl, combine pineapple, green pepper, water, brown sugar, ketchup, tapioca, soy sauce and dry mustard. Pour over pork steaks. Cover and cook on low for 8-10 hours or on high 4-5 hours. Serve over rice if desired. Servings: 4 - 6

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499. SWEET & SOUR SPARERIBS

4 lb Spareribs
Salt
Pepper
1 c Chicken bouillon
1/4 c Brown sugar
1/4 c Vinegar
1 tb Soy sauce
1 sm Onion; thinly sliced
2 tb Corn starch
1 cn Mandarin oranges; drained, 11 0z
1 md Green pepper; cut in chunks

Cut spareribs into serving sizes pieces. Sprinkle with salt and pepper. Place on rack in shallow baking pan. roast in 400 degree oven for 15 minutes. Turn and brown other side. Drain fat and put ribs in crockpot. Combine bouillon with vinegar, brown sugar and soy sauce. Pour over ribs in pot cover and cook on low 6 to 8 hours. Turn control to high. Add onion. Dissolve cornstarch in small amount of cold water stir into pot. Cover and cook on high another 10 to 15 minutes or until slightly thickened. Stir in oranges and green pepper. Cover and cook 5 minutes. Serve or rice or chinese noodles. Makes 4 to 6 servings.

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500. SWEET & SPICY FRANKS

1 c Chili sauce
1 c Currant jelly
3 tb Lemon juice
1 tb Mustard; prepared
2 lb Hot dogs; or cocktail franks
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2 cn Pineapple chunks; 27 ozs., drained

Combine first four ingredients in crockpot; mix well to break up jelly chunks. Cover and cook on high 15 to 20 minutes to soften jelly and blend sauce ingredients. Cut hot dogs in bite-size pieces and add pineapple. Cover and cook on high for 2 hours; or low for 4 hours. Set control to low to maintain temperature while serving.

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501. SWEET & SPICY GARBANZO STEW

1 cup garbanzo beans
7 cups water
1 large onion -- coarsely chopped
2 whole yams -- cut in chunks
1 whole carrot -- sliced
1 stalk celery -- sliced
1 whole leek -- sliced
2 cups broccoli -- cut in florets
1 tablespoon lemon juice
1 tablespoon soy sauce
1 teaspoon ground coriander
1/2 teaspoon ground cumin
2 teaspoons prepared horseradish
1/8 teaspoon hot pepper sauce
1 dash cayenne

Place beans and water in a large pot. Soak overnight. Add beans, soaking water and remaining ingredients to crockpot and cook on high for 8 to 10 hours. Pour into individual bowls or over any whole grain. Also good as a topping for potatoes or whole-wheat bread. 8 servings.

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502. SWEET SWEET POTATOES

2 pounds sweet potatoes---peeled and grated
1/3 cup brown sugar---packed good
1/4 cup butter---melted
1/4 cup coconut---flaked
1/4 cup broken pecans---toasted
1/4 teaspoon cinnamon
1/4 teaspoon coconut extract
1/4 teaspoon vanilla

In a crockpot, combine potatoes, sugar, butter, coconut, pecans and cinnamon. Cover and cook on LOW for 6-8
hours or on HIGH for 3-4 hours. Stir in coconut and vanilla extracts.

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503. SWISS SPAGHETTI SAUCE

1 1/2 lb Round steak
1 ts Salt
1/2 ts Oregano
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1 Jar Spaghetti sauce(15 oz.)

Cut the steak into serving pieces. Sprinkle with salt and oregano. Place the meat in the crockpot and pour the sauce over it. Cover and cook on LOW for about 7 to 9 hours. This is great served with spaghetti.

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504. SWISS STEAK #1

1 1/2 lbs. round steak
1 chopped carrot
1 cup chopped celery
1 can tomato sauce
1 onion, sliced
2 TBS flour
1 tsp. salt
1/4 tsp. black pepper

Cut steak into serving pieces. Combine flour, salt & pepper & sprinkle over meat. Mix well & put into crock pot. Add carrot, celery, & onion. Pour tomato sauce on top. Cook on low for 8 to 10 hours. Servings: 4

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505. SWISS STEAK #2

2 lb Round steak (cut in pieces)
3 tb Flour
2 tb Oil
1 cn Tomatoes; 16 oz; chopped
1 lg Onion; chopped fine
2 Celery stalks; chop fine
1 tb Dijon mustard
2 tb Wine vinegar
2 Beef bouillon cubes
1 tb Worcestershire sauce
1 Bay leaf
Salt & Pepper

Season meat with salt and pepper. Dredge meat in flour. Heat oil in large skillet. Brown meat in batches so as not to crowd in pan. Add to crockpot with remaining ingredients. Cover pot and cook on low for 6 to 8 hours. Garnish with chopped parsley and serve with boiled, herbed potatoes. 4 servings.

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506. SWISS STEAK PIPERADE

1 tablespoon vegetable oil
1 3/4 pounds full cut beef round steak or boneless chuck steak cut 3/4 inch thick
3/4 teaspoon salt
1/2 teaspoon thyme; dried leaves
1/4 teaspoon black pepper
1 large onion; chopped, approx. 2 cups
1 - 2 jalapeno peppers(optional) 1/8" slices(for milder version discard seeds & ribs chopped fine
1/4 cup water
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2 cans 28oz each tomatoes; drained and chopped
1 large green or yellow bell pepper cut in 1 inch pieces
3 cups cooked Bow Tie pasta - 6 ounces, uncooked
1 tablespoon parsley; chopped

Heat oil in large skillet or Dutch oven (with heat-proof handle and lid) over medium heat until hot. Add beef and brown on both sides. Pour off drippings, if necessary. Season meat with salt, thyme and pepper to taste. Place into crockpot and top with onion and jalapeno pepper (optional). Add water; cover with lid and cook on low for 8 hours. Add tomatoes and bell pepper; cook on low for another 1 ½ hours or until beef and vegetables are tender. Cook pasta according to package directions. Cut Beef into six serving size pieces. Arrange on platter with pasta and keep warm. Bring sauce to boil on top of range over high heat; continue to cook 8 to 10 minutes or until slightly thickened, stirring frequently. Pour sauce over beef and pasta. Garnish with parsley (optional) Yield: 6 Servings

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507. TAMALE PIE

2 cups Chicken broth or bouillon
1 cup Yellow cornmeal
1 tablespoon Cilantro, fresh -- chopped
1/2 pound Pork sausage
1 pound Beef stew meat (1/2-inch cubes)
1 Onion -- chopped
1/2 cup Celery -- finely chopped
1 Green chile pepper -- mild (seeded/chopped)
1/2 cup Sun-dried tomatoes -- chopped
1 Can whole-kernel corn -- (8 ounces) drained
1 can Ripe olives, sliced -- drained
1/2 teaspoon salt
1/8 teaspoon pepper
1 whole or halved pitted olives

Bring broth or bouillon to boil in medium saucepan. Stirring constantly, slowly add cornmeal. Simmer mixture 5 minutes, stirring occasionally. Stir in cilantro. Using a greased spatula, spread cornmeal mixture on bottom and about 2 inches up sides of slow-cooker. In large bowl, combine sausage, stew meat,onion,celery,chili pepper, sun-dried tomatoes, corn, sliced olives, salt and pepper. Carefully spoon into center of cornmeal-lined pot. Cover and cook on LOW 7-8 hours. Garnish with ripe olives, if desired. 6 servings.

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508. TANGY MEATLOAF WITH SOUR CREAM MUSHROOM SAUCE

2 Beaten eggs
8 oz Container onion sour cream dip
2 1/4 c Soft bread crumbs
1/2 c Finely chopped celery
1/4 c Chopped onion
2 tb Chopped pimento
1 ts Dried dillweed
3/4 ts Salt
Dash of pepper
1 lb Ground beef
1 lb Ground pork

Sour cream mushroom sauce (see below)

In large bowl combine the eggs, 1/2 c of the onion sour cream dip, the bread crumbs, celery, onion, pimento, dillweed, salt and pepper ; mix well. Blend in the ground beef and pork. In crockpot crisscross two 15" x 2" strips of foil. (Use heavy duty or double thickness of regular), across the bottom and up the sides. Place the meat mixture atop the foil strips, pressing lightly to form a round loaf, that doesn't touch the sides of the pot. Cover;cook on low heat 8-9 hours. Lift out the meatloaf, using the foil handles; drain off excess fat. Serve with Sour Cream Mushroom Sauce.

Sour Cream Mushroom Sauce: In saucepan combine remaining 1/2 C of onion sour cream dip and one 10-3/4 oz can of condensed cream of mushroom soup. Heat through, stir occasionally.

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509. TAPIOCA SWISS STEAK

2 lb Round steak
1 lg Can stewed tomatoes
1 Onion; sliced and "ringed"
3 Carrots; chunked
1 c Water
2 tb Minute tapioca
Seasoned salt; to taste
Seasoned pepper; to taste

Put everything in crockpot and cook 6 to 8 hours. Serve over mashed potatoes, rice or noodles.

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510. TARRAGON-VANILLA ROAST CHICKEN

1 (2-3 lb) Whole Chicken, cut into pieces or left whole
1 clove (small) garlic
8 (or less) fresh tarragon sprigs
1/4 teaspoon salt
1/2 teaspoon freshly ground black pepper
1/4 cup low-sodium chicken broth
2 tablespoons pure vanilla extract, or scrapings from 1 vanilla bean

Wad up three pieces of aluminum foil into fist-sized pieces and place them in the bottom of the crockpot. Rinse the chicken and pat dry with paper towels. Rub inner cavity with garlic clove. With your fingers, gently loosen breast skin and insert a tarragon sprig under the skin of each breast. Stuff remaining sprigs in inner cavity; truss with kitchen twine. Rub chicken all over with salt and pepper; place on top of foil. In small bowl or cup measure, combine broth and vanilla; pour over chicken, into crock-pot. Set crock-pot to high for 1 hr then turn down to low for 8-10 hrs. This turns out just like roasted chicken. The foil keeps it from cooking in its own juices, and the chicken browns just like you roasted it in the oven. You won't believe how juicy and flavorful this golden bird is. The vanilla-tarragon combination is so subtle; no one will guess your secret ingredient. They'll just think it's the best chicken they've ever had! I put some carrots, onions, celery and mushrooms under the alum. foil. Drizzled with any basting liquid remaining in crock-pot and let stand 10 minutes before slicing.

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511. TAVERN BEEF SANDWICHES
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2 1/2 pounds Ground beef -- lean
1 Onion;large -- quartered
1 cup Ketchup
1 teaspoon Chili Powder
1 teaspoon Dry mustard
1 teaspoon Salt
2 cups Beef broth -- OR water
8 Hamburger rolls -- toasted

In skillet, brown ground beef; drain well. Place browned beef and remaining ingredients except hamburger rolls in crock-pot. Cover and cook on LOW setting for 6 to 12 hours. Taste for seasoning before serving. Serve spooned over toasted hamburger buns. 6 to 8 servings.

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512. TENDERLOIN IN BEER

2 lbs. pork tenderloin, cut into 1" pieces
1 shallot, finely chopped
salt and pepper
4 garlic cloves, minced
1/2 cup all purpose flour
1 (12 oz.) dark stout beer
extra virgin olive oil for sautéing
1/4 teaspoon thyme
1 large red onion, sliced
1 bay leaf
1 leek, white part only, chopped

Cut the pork tenderloin into 1" tips, season with salt and pepper; shake in bag containing the flour. Pour a thin film of oil in skillet and sauté the onion, leek, shallot and garlic until tender. Remove sauté mixture with slotted spoon and place in a casserole dish. In the same pan, brown meat on all sides, adding more oil as needed. You may have to do this in 2 or 3 batches. Add browned meat to casserole. Pour half of the beer into the pan in which the meat was browned. Mix with the pan juices scraping sides and bottom of pan. Pour this over meat in casserole. Add remaining beer, thyme and bay leaf. Cover tightly and simmer 45 minutes to 1 hour on top of the stove, or remove to a small crockpot and simmer on low for about 4-6 hours. Serve this with hot butter and garlic noodles and a side dish of candied carrots.

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513. TENDER MEATBALLS IN MUSHROOM GRAVY

1 lb Beef; lean ground
4 Bread slices
1 ts Salt
1/4 ts Pepper
1 tb Onion minced
1 cn Mushroom soup
1/3 c Water

Pull apart bread into small, dime-size pieces. Combine ground beef, bread, salt, pepper, and minced onion in a large mixing bowl. Using a spoon, scoop out rounds of meat mixture, or shape into several round, 2-inch balls by hand. Brown meatballs in a hot skillet using a small amount of butter or oil. Turn them occasionally so all sides are browned. Place meatballs in a crockpot. Add soup and water. Cook on low for 6 to 12 hours, high for up to 6 hours.

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514. TERIYAKI CHICKEN WINGS

3 pounds chicken wings (16 wings)
1 large onion, chopped
1 cup soy sauce
1 cup brown sugar
2 teaspoons ground ginger
2 cloves garlic, minced
1/4 cup dry cooking sherry

Rinse chicken and pat dry. Cut off and discard wing tips. Cut each wing at joint to make two sections. Place wing
parts on broiler pan. Broil 4-5 inches from the heat for 20 minutes, 10 minutes for each side or until chicken is
brown. Transfer chicken to crockpot. Mix together onion, soy sauce, brown sugar, ginger, garlic and cooking sherry
in bowl. Pour over chicken wings. Cover and cook on Low 5-6 hours or on HIGH 2-3 hours. Stir chicken wings
once to ensure wings are evenly coated with sauce. Makes about 32 pieces.

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515. TERIYAKI SANDWICHES

2 lbs. boneless chuck steak
1/4 Cup soy sauce
1 TBS. brown sugar
1 tsp ground ginger
1 garlic clove, minced
4 tsps cornstarch
2 TBS. water
8 French rolls, split
1/4 cup butter, melted
Pineapple rings
Chopped green onions

Cut steak into thin bite-size slices. In crockpot, combine soy sauce, sugar, ginger and garlic. Add steak. Cover and cook on low for 7-9 hours. Remove meat with slotted spoon; set aside. Carefully pour liquid into a 2 cup measuring cup; skim fat. Add water to liquid to measure 1-1/2 cups. Pour into saucepan. Combine cornstarch and water till smooth; add to pan. Cook and stir till thick and bubbly, about 2 minutes. Add meat to pan and heat through. Brush rolls with butter and broil till browned slightly. Fill with meat, pineapple and green onions. Yields: 8 servings

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516. TERIYAKI STEAK

2 1/2 lb Boneless chuck steak
2 tb Oil
1 t Ground ginger
1/2 c Soy sauce
1 tb Sugar
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1 Clove garlic, crushed

Cut steak into 1/8-inch thick slices. Combine remaining ingredients in a small bowl. Place meat in a crock-pot. Pour sauce over. Cover and cook on low for 6 to 8 hours. Serve with rice. Makes 5-6 servings.

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517. TEXAS BARBECUE BEEF & BEANS

1 1/2 c Onions, chopped
8 oz Can tomato sauce
1/2 c Salsa, mild or medium
2 tb Cider vinegar
1 1/2 tb Brown sugar
1 tb Chili powder
2 ts Worcestershire sauce
1/4 ts Black pepper
1 lb Beef round,cut into strips
2 Gloves garlic
3 (1 lb) cans Kidney Beans, drained

Trim fat from beef and cut into narrow strips. In the crock pot, stir together all ingredients EXCEPT beef, beans and garlic. Then add the meat, garlic and beans. Cover, turn on to HIGH 1 hour. Reduce to LOW and continue to cook, covered for 5-6 hours.

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518. TEXAS HASH

2 lb Ground beef (round)
2 Onions, chopped
2 1 lb. cans tomatoes
1 1/2 ts Chili powder
2 1/2 ts Salt
2 ts Worcestershire sauce
1 c Long grain white rice, raw

Brown ground beef and drain well. Combine all ingredients in crockpot and cook on LOW for 8 hours.

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519. TEXAS RED CHILI

2 lb Pork, cubed 1/2"
2 lb Beef, cubed 1/2"
2 lb Veal, cubed 1/2"
1/2 c Chili powder
2 tb Cumin
2 tb Garlic, chopped
1 c Onion, chopped
1/2 c Green pepper, chopped
2 tb Oregano
1 c Corn meal (fine)
4 c Water
1 t Salt
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1/4 c Sugar

Brown meat: pork first, then beef and veal. Remove from pan and drain. Place meat into crockpot. Pour off most of the oil used to brown meat. Saute onions and green peppers, add to the meat. Add remaining ingredients except corn meal and water. Cook on low for 8 to 10 hours. Mix corn meal with water and add to pot for thickening. Cook on high until desired consistency. Serve with grated cheddar cheese and chopped raw onions on top, or sour cream. 8 servings.

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520. THREE BEAN BAKE

16 oz Can Great Northern Beans, undrained
16 oz Can Chili beans, undrained (found in Mexican section of store)
16 oz Can Kidney Beans, drained
1/3 c Ketchup
1/3 c Firmly packed brown sugar
1/2 ts Powdered ginger

Combine all ingredients in crockpot, mix well. Cover - cook on High setting for 2 hours. If thicker juice is wanted, remove cover, cook 1 hour longer, stirring occasionally.

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521. TOMATO-RICE CASSEROLE

4 ts Butter
1/2 c Uncooked Rice
1 c Liquid from canned tomatoes
1 3/4 c Canned tomatoes, drained
2 ts Chopped parsley
1 1/2 ts Salt
1/2 ts Pepper
4 tb Grated Parmesan cheese
Chopped chives

Saute the rice in the butter in a fry pan until the rice is golden brown. Put into the crock pot. Pour the tomato liquid, tomatoes, parsley, salt and pepper into the crock pot and mix well. Cover and cook on low setting for six to eight hours. Sprinkle with Parmesan cheese and chopped chives before serving.

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522. TORTELLINI

1/2 pound ground beef
1/2 pound italian sausage
1 container refrigerated marinara sauce (15 ounces)
1 cup sliced fresh mushrooms
1 can diced tomatoes with Italian Seasoning -- undrained (14 1/2 oz)
1 package refrigerated cheese tortellini (9 ounces)
1 cup shredded mozzarella or pizza style cheese

Break beef and sausage into large pieces in 10-inch skillet. Cook over medium heat about 10 minutes, stirring occasionally, or until brown. Spray inside of 4- to 5- quart slow cooker with cooking spray. Mix beef mixture, marinara sauce, mushrooms and tomatoes in slow cooker Cover and cook on low heat setting
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7 to 8 hours. Stir in tortellini; sprinkle with cheese. Cover and cook on low heat setting about 15 minutes longer our until tortellini is tender. 4 to 6 servings.

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523. TORTILLA BEEF

2 garlic cloves -- minced
2 pounds round steak
1 teaspoon salt
1/4 teaspoon pepper
2 tablespoons lime or lemon juice
1 medium onion -- chopped
1 cup carrots -- chopped
1 teaspoon marjoram
1/2 cup beef broth
1 can tomatoes (14 1/2 oz.) -- peeled

Spread minced garlic on round steak and sprinkle with salt, pepper and lime juice. Place in the slow cooker and add remaining ingredients. Set cooker on low and cook for 8 hours. Meat should be fork tender and shred easily. Fill tortillas with favorite fillings and meat. 4 servings.

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524. TRIPLE CHOCOLATE MESS

1 package chocolate cake mix (any)
1 pint sour cream
1 pkg. instant chocolate pudding (any size)
1 6oz. bag chocolate chips
3/4 c. oil
4 eggs
1 c. water

Spray crockpot with non-stick spray. Mix all ingredients. Cook on low for 6-8 hours Try not to lift the lid. Serve with ice cream.

I tried this with low fat cake mix,sour cream and fat free pudding. It turned out great! It is VERY rich, so be sure to have some ice cream in the house. A little goes a long way. Keeps in fridge for a while. Just heat and serve.

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525. TURKEY & BLACK-EYED PEA CHILI

1 16 oz. pkg. dried black-eyed peas -- rinsed and drained
3 cups very hot water
5 teaspoons chili powder
2 teaspoons cumin seeds
2 cloves garlic -- minced
Cayenne pepper -- to taste
2 medium onions -- chopped
1/2 green bell pepper -- chopped
1/2 red bell pepper -- chopped
2 cups chopped cooked turkey or chicken breast
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2 tablespoons tomato paste
1 cup prepared salsa
Chopped scallions, chopped tomatoes, shredded Cheddar cheese, sour cream

In a slow cooker, mix together the black-eyed peas, hot water, 4 teaspoons of the chili powder, the cumin seeds, garlic, cayenne pepper, onions, bell peppers, and turkey. Cover and cook on the HIGH heat setting for 1 hour. Reduce the setting to LOW and continue cooking, covered, 3 hours longer, or until the peas are tender but not mushy. Stir in the remaining 1 teaspoon chili powder, the tomato paste, and the salsa. Serve topped with scallions, tomatoes, cheese, and a dollop of sour cream.

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526. TURKEY CREOLE

1 large Onion -- diced
1 1/2 Bell Pepper -- diced
3/4 cup Celery -- diced
24 ounces Stewed Tomatoes
4 1/2 teaspoons Chili powder
3/4 teaspoon Salt (to taste)
4 cups Turkey -- cook/cut up
6 cups Rice -- cooked

Put everything except rice in crockpot. Leave for most of the day. Serve over cooked rice. 6 servings.

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527. TURKEY BREAST

Pam cooking spray
1 small Frozen turkey breast
1 cup Fresh chicken broth
Salt and pepper
Carrots; chunked (opt.)
Potatoes; chunked (opt.)
Onions; chunked (opt.)

Place breast in pot, pour broth over it, add salt and pepper. Vegetables may be placed around and under the turkey if desired. Cook on low 8-10 hours. 4 servings.

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528. TURKEY LOAF

2 1/2 pounds ground turkey
1 medium onion -- chopped
2 eggs
1/3 cup milk
2 tablespoons prepared horseradish
2 tablespoons bottled chili sauce
1 cup breadcrumbs
1 teaspoon salt
2 cloves garlic -- minced
1/4 cup parsley -- minced
sour cream for garnish -- optional
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capers for garnish -- optional

Mix all ingredients except garnishes together. Fry small amount of mixture in a skillet and taste. Adjust seasonings to your personal taste. Place mixture in a pan that fits into cooker or 2 lb. coffee can or baking dish (if using a round slow cooker). Place a trivet in bottom of cooker and place pan on trivet. Set cooker on 7 to 8 hours. Depending on the shape of the pan, cooking hours may vary. There should be no pink left in meat when it is done properly. Drain off any visible fat. If desired, add a thin layer of sour cream to the top and sprinkle with a few capers. 8 servings.

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529. TURKEY RANCHERO

4 Turkey thighs
1 pk Enchilada sauce mix
6 oz Tomato paste
1/4 c Water
4 oz Monterey Jack -- grated
1/3 c Lowfat yogurt or sour cream
1/4 c Green onions -- sliced
1 1/2 c Corn chips -- crushed

With sharp knife, cut each thigh in half; remove bone and skin. Place in crockpot. Combine enchilada sauce mix with tomato paste and water. Mixture will be thick. Spread on thighs. Cover; cook on LOW 7 to 8 hours or until tender. Turn pot on HIGH. Add cheese; stir until melted. Spoon into an au gratin dish or shallow casserole. Spoon yogurt over turkey. Sprinkle with onions. Top with corn chips. 8 servings.

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530. TURTLE PUDDING

1 21.5 oz pkg brownie mix
1/2 cup water
1/4 cup vegetable oil
1 egg
1 cup semisweet chocolate chips
1 cup chopped walnuts or pecans
13 caramel candies, unwrapped
Whipped cream or vanilla ice cream

Place a vegetable steamer or other low rack on the bottom of a 5-quart electric slow cooker. Pour in 4 cups hot tap water and turn on the high heat setting. In a large bowl, combine the brownie mix, water, oil, and egg. Beat to mix well. Stir in the chocolate chips and nuts. Butter and dust with sugar a 2.5 qt souffle dish that fits in the 5-quart slow cooker. Turn the brownie mixture into the dish. Push the caramels partially into the top, but do not cover completely with the brownie mixture. Wrap the dish in a double thickness of foil. Tie with kitchen string to resemble a package for ease in lowering into the pot and removing. Place on the rack in the slow cooker. Cover and cook on the high heat setting for 4.5 hours. Remove the dish from the slow cooker, uncover and let cool for 30 minutes. Serve warm, with whipped cream or ice cream.

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531. UPSIDE DOWN CHOCOLATE PUDDING CAKE

1 cup Bisquick® baking mix
1 cup sugar
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1/3 cup unsweetened cocoa + 3 tbsp
1/2 cup milk
1 teaspoon vanilla
1 2/3 cups hot tap water

Mix Bisquick, 1/2 cup sugar, 3 tbsp cocoa, milk and vanilla. Spoon batter evenly into greased crockpot. Mix remaining sugar, cocoa and hot water. Pour over batter in crockpot. Cook on high 2 to 2 1/2 hours, or until batter no longer looks shiny on top. Don't overcook. The batter rises to the top like cake . . . underneath is a rich chocolate pudding. Serve with ice cream or whipped cream.

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532. VEAL & PEPPERS

3 pounds Veal; boneless -- 2" cubes
4 Green peppers -- cut in 1/8's
3 medium Onions -- sliced thin
2 Garlic cloves -- mince
1 pound Mushrooms -- quartered
3 Chicken bouillon cubes -- crushed
3/4 teaspoon Basil
2 cans Tomatoes -- 1 lb. each

Combine all ingredients in removable liner. Place liner in base. Cover and cook on low 7 hours, high 4 hours or auto 5 hours. 6 servings.

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533. VEAL POT ROAST

4 pound rump of veal
2 1/2 tablespoons oil
salt and pepper
3 carrots, sliced
2 medium onions, quartered
4 stalks celery, cut in chunks
1/4 cup water
3 tablespoons butter
2 1/2 tablespoons plain flour
1/3 cup white wine

Brown the veal on all sides in the oil in a frying pan. Season to taste with salt and pepper. Put the vegetables into the crockery pot and place meat on top. Pour the water into the frying pan and scrape the bottom. Cook over a low heat for one minute, then pour onto the meat. Cover and cook on the low setting for five to seven hours. Remove the meat and the vegetables from the crockery pot and keep warm. Melt the butter in a saucepan and stir in the flour. Cook over a low heat for 30 seconds. Add the liquid from the crockery pot and, stirring constantly, cook until thick and smooth. Add the wine and cool for another two minutes. Season to taste with salt and pepper. Pour over the meat. Serves 8-10.

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534. VEAL STROGANOFF STEW

1/2 cup all-purpose flour
1/2 teaspoon salt
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1/2 teaspoon ground mace
1/4 teaspoon pepper
2 pounds veal -- cut in 1" cubes
2 tablespoons vegetable oil
2 10.5 oz cans beef broth
4 medium potatoes -- cubed
1 medium onion -- chopped
1/2 pound fresh mushrooms -- halved
8 ounces sour cream

In a plastic bag or shallow dish, combine flour, salt, mace and pepper. Coat veal cubes with flour mixture. Heat in oil in slow cooker or skillet on top of range over medium heat. Add veal cubes and brown. Transfer to heating unit or to slow cooker. Add all remaining ingredients, except sour cream, to slow cooker. Stir to combine. Cover and cook on low for 7 - 9 hours...OR on high for 3 - 4 hours until meat and vegetables are tender. Just before serving, stir in sour cream.

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535. VEGETABLE PASTA

2 tsp Butter Or Margarine
1 Zucchini -- 1/4" slice
1 Yellow Squash -- 1/4" slice
2 Carrots -- thinly sliced
1 1/2 C Mushrooms -- fresh, sliced
1 Pkg Broccoli, Frozen -- cuts
4 Green Onions -- sliced
1 Cl Garlic -- minced
1/2 Tsp Basil -- dried
1/4 Tsp Salt
1/2 Tsp Pepper
1 C Parmesan Cheese -- grated
12 Oz Fettuccine
1 C mozzarella cheese, part skim milk -- shredded
1 C 2% low-fat milk
2 Egg Yolks

Rub crock wall with butter. Put zucchini, yellow squash, carrots, mushrooms, broccoli, onions, garlic, seasonings and parmesan in the crock-pot. Cover; cook on High 2 hours. Cook fettuccine according to package directions; drain. Add cooked fettuccine, mozzarella, cream and egg yolks. Stir to blend well. Allow to heat for 15 to 30 minutes. For serving turn to Low for up to 30 minutes. Serves 6.

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536. VEGGIE DINNER

6 potatoes -- sliced
1 large onion -- sliced
2 carrots -- sliced
1 green pepper -- sliced
1 zucchini -- sliced
1 cup corn, frozen or fresh
1 cup peas, frozen or fresh

Optional Vegetables:

mushrooms
broccoli
green beans

Sauce:
2 1/2 cups tomato sauce
1/4 cup soy sauce
1 tsp thyme -- ground
1 tsp dry mustard
1 tsp basil
2 tsp chili powder
1/2 tsp cinnamon
1/8 tsp sage
2 Tbsp parsley flakes

Mix together ingredients for sauce and pour over vegetables. Cook six hours at high or 12 at low.

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537. VEGGIE SPAGHETTI

1 med green pepper -- chopped
1 med zucchini -- cubed
1 sm onion -- diced
8 ozs mushrooms -- sliced
2/3 c parmesan cheese -- grated
1 lg jar spaghetti sauce
1/4 c olives -- sliced
1 tsp oregano
1 tsp garlic salt
1 lb spinach
spaghetti

Put everything except spaghetti in a crock pot for 6-8 hours on med. Pour over cooked spaghetti.

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538. VENISON BARBECUE

3 lb Venison stew meat
1 c Onion, diced
4 Garlic cloves, chopped
1 c Red wine vinegar
1/2 c Worcestershire sauce
2 ts Lawrey's Natural Choice Seasoning for meat
2 ts Seasoned salt
1 lb Seasoned bacon
2 c Catsup
1/2 c Molasses
1/2 c Brown sugar

Place venison, onion, garlic, vinegar, Worcestershire sauce and seasoning in crock pot. Cook on high for 1 to 2 hours until meat is cooked. Cook bacon and crumble or chop. Add bacon, catsup, molasses and brown sugar. Turn crock pot on low and heat for the rest of the day. Serve over rice potatoes or toast. 7 servings.

NOTE: Venison can be substituted with any red meat, just cut in 1-inch cubes.

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539. VENISON ROAST

1 small to med. venison roast
1 can cream of mushroom soup
1 envelope Lipton onion soup mix
1 large onion -- sliced
Soy sauce
Worcestershire sauce
Garlic salt
Season All

Cut venison into serving size piece while meat is raw. Place cleaned and washed meat in crockpot, sprinkle very generously with Worcestershire sauce, soy sauce, Season All and garlic salt. Add mushroom soup and onion soup mix. Stir together and place onion rings on top. Cover and cook on low for 6 to 8 hours. The beauty of this recipe is that it only takes a few minutes to prepare early in the morning and can cook all day while you are away to be ready to eat when you get home. Though no water is added, there will be lots of gravy that can be served over rice or potatoes. 4 servings.

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540. VENISON STEW

2 lb Venison cubes
2 tb Oil
3 Stalks celery, diced
1/2 c Chopped onion
2 Cloves garlic, minced
1 tb Parsley, chopped
1/2 c Water
1/2 c Dry red wine
1 c Tomato sauce
Salt and pepper to taste
Oregano
Basil

Brown meat in oil. Place celery and onion at the bottom of the crock pot. Add browned meat and remaining ingredients. Cook on low for 7-10 hours. 6 servings.

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541. VIENNESE POT ROAST

1 4-lb rump roast, or sirloin tip
2 tablespoons butter
1 teaspoon salt
1/2 teaspoon pepper
1 onion, chopped
2 carrot, chopped
2 turnips, chopped
4 dried figs, chopped
3/4 cup white wine
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3/4 cup beef stock
8 new potatoes
4 gingersnap cookies, crushed

Brown meat on all sides in butter. Put carrots, turnips and potatoes in bottom of crock pot and place roast on top. Add remaining ingredients, except gingersnaps. Cover and cook on low 8 to 10 hours. Add gingersnaps and cook on high, uncovered, until thickened.

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542. WALDORF ASTORIA STEW

2 pounds beef - Sirloin -- cut up (raw)
2 cups potatoes -- cut in lg. pieces
2 cups carrots -- cut in lg. pieces
2 cups celery -- cut in lg. pieces
1 bag frozen onions (small)
1 slice white bread -- cut up
1 (16 oz.) can whole tomatoes (and juice)
2 tablespoons dry minced onion
3 tablespoons quick cooking tapioca
1 tablespoon sugar
1 can tomato soup
Salt to taste
Pepper to taste

Place all in large crock pot. Cover and cook at low setting for 5 hours. Do not stir. Makes 6 to 8 servings.

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543. WESTERN SKILLET RICE

1 lb. ground beef
1 can (1#) stewed tomatoes
1 1/2 cups water
3/4 cup uncooked, processed rice
1 can cooked or frozen peas
1 package onion soup mix
1 cup shredded cheddar cheese

In a skillet brown meat stirring often. Place all ingredients except cheese into crockpot and cook on low rice is tender. Top with cheddar cheese. To avoid a messy cleanup empty crockpot into a serving dish and top with cheddar cheese. 4-6 servings. To give this an Italian flavor use Italian sausage, and mozzarella cheese.

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544. WINGS IN SWEET & SOUR SAUCE

16 Chicken wings
4 tablespoons Wine or balsamic vinegar
1 cup Apricot preserves
2 tablespoons Peanut butter (optional)
1 cup Ketchup
4 tablespoons Horseradish
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1 cup Sweet onion, finely chopped
1 teaspoon Hot sauce (optional)

Pat the chicken wings dry and place then in the crockpot. In a bowl, mix together remaining ingredients. Taste-check for a good balance of sweet and sour. Pour the sauce over the wings. Cover the crockpot and cook on low until the chicken is tender, about 4 hours.

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545. YAMS WITH CANDIED APPLES & CRANBERRIES

3 large yams or sweet potatoes (1 1/2 to 2 lbs., total), peeled and diced
1 medium Golden Delicious apple, peeled, cored, and diced
1 cup fresh or frozen (unthawed) cranberries
3/4 cup firmly packed brown sugar
1 tsp. ground cinnamon
1/4 tsp. ground nutmeg
1/3 cup orange flavored liqueur or orange juice
1/2 cup coarsely chopped pecans

In a 3 qt or larger slow cooker, combine yams and apple; sprinkle with cranberries. In a small bowl, mix sugar, cinnamon, and nutmeg; sprinkle over yam mixture. Drizzle with orange juice or liqueur. Cover and cook on low setting until yams are very tender when pierced (8 1/2 to 10 hours). Meanwhile, toast pecans in a wide nonstick frying pan over medium heat until golden brown (5 to 8 minutes), stirring occasionally. Pour out of pan and set aside. To serve, stir yam mixture lightly, then sprinkle with pecans. Makes 6 to 8 servings.

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546. YANKEE BEANS

2 cups navy beans
8 cups water
2 tablespoons olive oil
2 medium onions -- chopped
4 large carrots -- chopped
1 stalk celery -- thinly sliced
1/4 teaspoon dry mustard
1 8 oz. can tomato sauce
2 tablespoons molasses

In a pressure cooker put beans, water & oil. Pressure cook for 30 minutes. Use Quick Release Method. Drain & rinse. (If not using a pressure cooker you can just soak beans overnight). Microwave onions, carrots, & celery until onions are soft. Put cooked vegetables into slow cooker. Add tomato sauce, mustard, & molasses. Mix. Add drained beans. Mix. Put bean broth through degreasing cup, then add enough of this broth to barely cover mixture. Stir. Slow cook on high 3-4 hours. These are better than "pork & beans" and are good hot or cold. 10 servings.

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547. YANKEE BEEF PLATTER

4 pounds Chuck roast
1 tablespoon Minced dried onion
2 teaspoons Salt
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1/2 teaspoon Ground pepper
1/8 teaspoon Cloves
1 Bay leaf
1 cup Red wine
1 cup Celery -- thinly sliced
1 cup Condensed onion soup
2 tablespoons Flour
BRAISED LEEKS- -- * see note

Trim excess fat from beef; pierce meat all over with a fork; place in a large glass bowl. Sprinkle with onion, salt, pepper, cloves. Add bay leaf and wine to bowl. Refrigerate, turning meat several times, over night to marinate. When ready to cook meat, remove from marinade; pat dry with paper towels. Brown in a large skillet. Place beef in slow cooker; stir in marinade, plus celery, garlic and onion soup; cover. Cook on low for 10 hours or on high for 6 hours, or until beef is tender when pierced with a fork. Remove beef to a heated platter and keep warm. Turn heat control to high. Combine flour and 1/4 cup cold water in a cup and stir into liquid in slow cooker until well-blended; cover; simmer 15 minutes. Carve part of the roast into 1/4 inch thick slices. Arrange slices with rest of roast and BRAISED LEEKS on a large serving platter. Add parsley potatoes and steamed whole carrots, if you wish. Serve gravy separately to spoon over all. 8 servings.

* BRAISED LEEKS. Trim roots and about half of the green tops from 1 bunch leeks; split each leek lengthwise; wash well. Arrange pieces, cut side down in a large skillet. Add just enough water to cover; bring to boiling; cover. Simmer 5 minutes; drain; return to pan. Add 3 tablespoons butter and sprinkle with 1/2 teaspoon salt and celery salt. Cook slowly 5 minutes longer or until leeks are tender. (Green onions can be substituted for the leeks; use 2 bunches sliced in 3 inch pieces and cook a total of 6 minutes).

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548. YANKEE POT ROAST

Round or eye roast
1 can Beef broth
Carrots -- cut up
Celery -- cut up
Onions -- chunks

Place roast in the slow crock pot. Add beef broth. Next add cut up carrots, celery and chunks of onions. Cook all day. When done you have two choices: the first is to serve the sliced roast with the veggies as a side dish, the second option yields a wonderful gravy. Here's how you do it... Place the cooked veggies and some of the gravy from the pot in a blender. Puree the mixture and serve. 4 servings.

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549. ZUCCHINI CASSEROLE

1 red onion, sliced
1 green pepper, cut in thin strips
4 med. zucchini, sliced & unpeeled
1 (16 oz.) can diced tomatoes, undrained
1 tsp. salt
1/2 tsp. pepper
1/2 tsp. basil
1 tbsp. oleo
1/4 c. grated Parmesan cheese

Combine all ingredients, except oleo and cheese, in a slow cooker. Set temperature on low and heat for 3 hours. Dot casserole with oleo and sprinkle with cheese. Cook 1 1/2 hours more on low setting. Makes 6 servings.

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550. ZUCCHINI ITALIANO

6 to 8 small zucchini (unpeeled), cut into 1/4-inch slices
1 small onion, thinly sliced and separated into rings
3 Tbsp. olive oil
2 cloves garlic, minced
1 to 2 tsp. salt
2 tsp. dried basil
2 Tbsp. dried parsley
Dash freshly ground pepper
1/2 cup grated Parmesan cheese
2 ripe tomatoes, peeled and quartered

Combine all ingredients except Parmesan cheese and tomatoes in crock pot and stir together thoroughly. Cover and cook on low setting 7 to 10 hours. Before serving, pour into ovenproof casserole. Taste for seasoning. Sprinkle with Parmesan cheese and garnish with tomato quarters. Broil until cheese is lightly browned. 8 servings

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